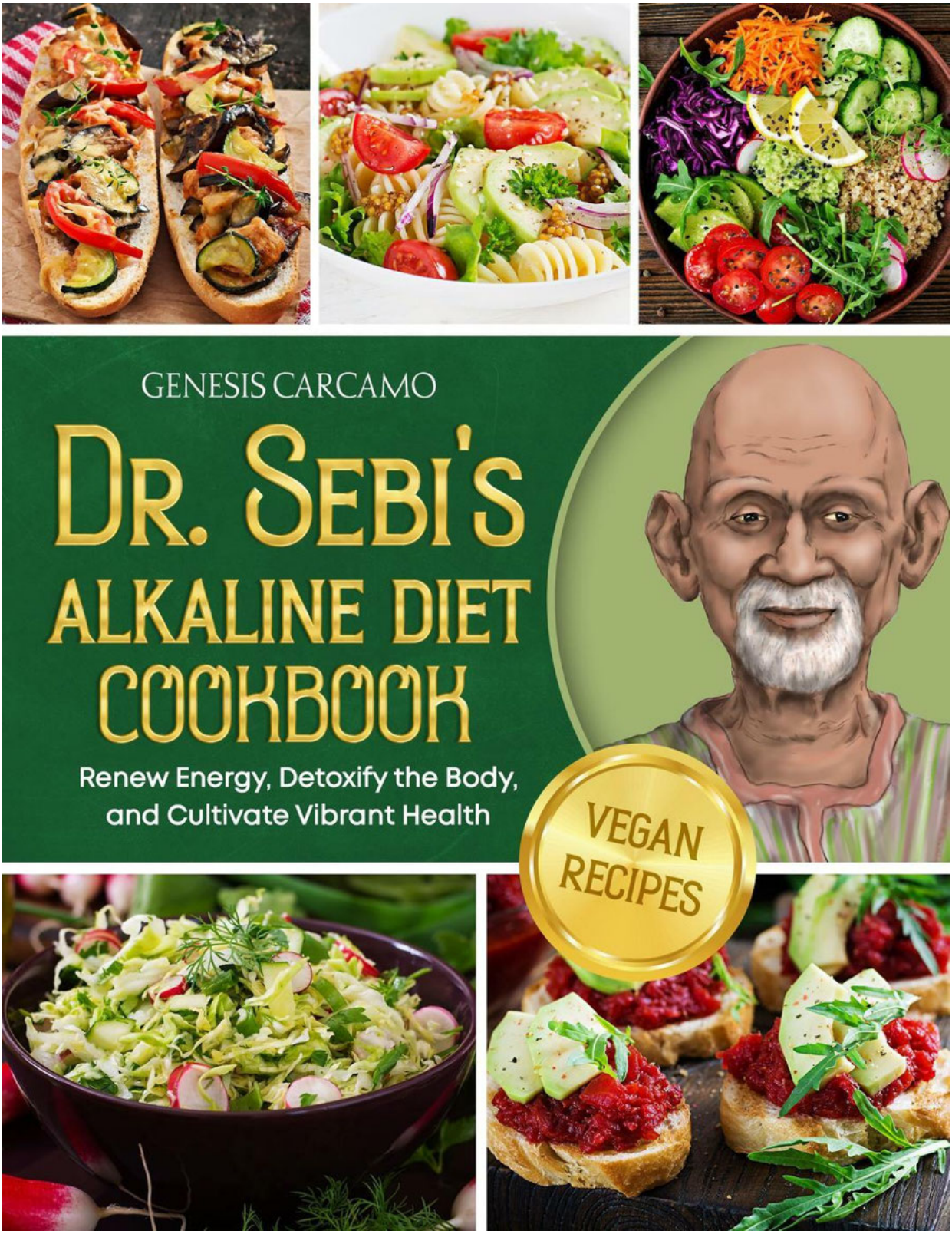

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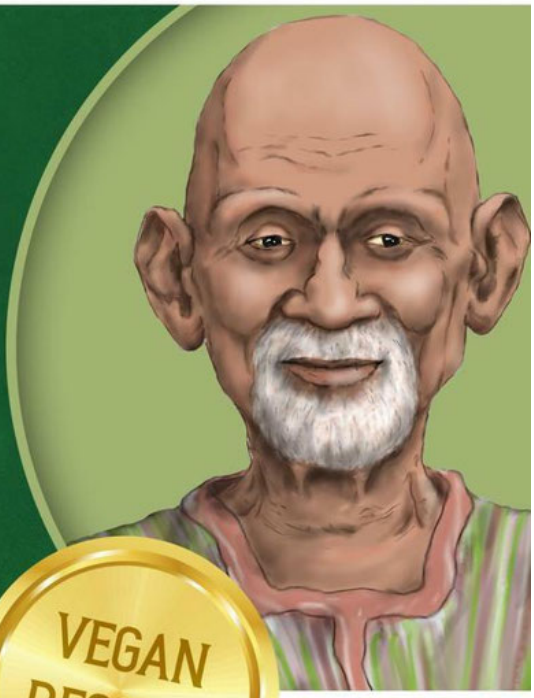
Dr. Sebi's Alkaline Diet Cookbook

Renew Energy, Detoxify the Body, and Cultivate Vibrant Health



VEGAN RECIPES

DR. SEBI'S ALKALINE DIET COOKBOOK

Renew Energy, Detoxify the Body, and Cultivate Vibrant Health

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1

BACK TO BASE WITH THE ALKALINE DIET

The Alkaline Diet is a cornerstone of one of the schools of thought promoted by Dr. Sebi, yet, for those who are unfamiliar with the originator of these ideas, they may not know who Dr. Sebi is. Before we begin with the basis of the alkaline diet, it is necessary to understand the background of how Dr. Sebi conceptualized the idea of the alkaline diet and how it became an integral part of his naturalist approach to health care.

1.1 Dr. Sebi: The Man behind the Ideas

Dr. Sebi is merely the name by which the man named Alfred Darrington Bowman is more popularly known as. He was born in the village of Ilanga, located in what was then the Spanish Honduras (differentiated from the British Honduras). Dr. Sebi was born on November 26, 1933, and died on August 06, 2016. He identified himself first, as a man of African descent who resided in Honduras, rather than as an African Honduran. Not much is known of his personal life save that he has married twice and fathered at least seventeen children.

For his professional life, Dr. Sebi, as he was wont to be called, was known to be a self-taught herbalist and healer who later practiced his craft in the United States in the later years of his life. Concurrently, he was also a biochemist, a pathologist- a specialist who learned about how the organs of the body and the body itself, functioned; and a naturalist- whose philosophies leaned towards the use of nature as a remedy. This was reflected in his approach to medicine which utilized herbs as how one can remedy a plethora of ailments. For three decades, Dr. Sebi had devoted most of his professional life to the study of the flora that thrived in the various biomes of North America, Africa, South America, and the Caribbean regions.

His desired to provide an alternative approach to the treatment of illnesses stems from the multiple diseases he was diagnosed with. When Dr. Sebi arrived in the United States, he was beset with asthma, impotency, diabetes, and obesity. These four conditions were not remedied with the aid of Western medicine and contemporary science, but rather with the aid of an herbalist that he had met in Mexico. This encounter led him to reorient his philosophy and to align it with the use of herbs to empower the body to heal itself with the aid of the compounds found in herbs and vegetables. The discoveries he had made were vital to the detoxification and cleansing processes he had developed over time with his studies, until he had passed away.

Dr. Sebi enshrined his naturalist philosophies with the African approach to medicine, which relied on the use of herbs and plants as the basis and source for many of the compounds that the body needed to recover from various diseases. These compounds were believed by Dr. Sebi to aid the body in the removal of toxins throughout its systems and restore the body to its original alkaline state. Alkaline compounds were believed to restore tissues and cells that have been damaged due to the excess acidity that the body took in over time. Dr. Sebi believed that it was necessary to restore the vitamins and minerals that the body needed to restore its functions and repair itself, while at the same time, it needed to purge itself from the toxins that had built up within itself.

Dr. Sebi noted that the consumption of food obtained from the carcasses of living beings – meat, led to a decline in the ability of the body to heal itself. The toxins that these created were believed to attack critical organs such as the liver, kidneys, and the lymphatic system among others. Anatomically, these organs were responsible for the removal of waste products from the body as the liver is responsible for the metabolization and detoxification of the products that we ingest – such as medicines and alcohol. The kidneys are responsible for the removal of waste products such as urea and creatinine from the bloodstream. The lymphatic system is responsible for the removal of waste products from the cells throughout the body. This extends to the skin, which can excrete waste products from it through sweat, which helps control the pH levels of the skin to inhibit the growth of microorganisms that can cause disease in a person. Dr. Sebi believed that once a person had eliminated meat from their diet and focused more on the use of a plant-based, alkaline diet, it was possible to remedy diseases that were previously thought to be incurable such as diabetes, AIDS, and cancer.

There were numerous other compounds that he eventually developed that were purported to cure a variety of illnesses and detoxify the body. It must be noted that though Dr. is affixed to the name of Dr. Sebi, he is not a medical practitioner, nor was he licensed to practice medicine. This became the point of contention between him, several lawyers, licensed medical physicians, and the other agencies in the United States concerned with the protection of the welfare of citizens who may utilize his treatment approaches over that of modern medicine. It is generally believed that Dr. Sebi was a threat to the pharmaceutical industries, who were believed to profit from the perpetuation of illnesses. This later led to his 1987 arrest and a trial with the Supreme Court of Brooklyn where he was found not guilty of the practice of medicine without a license. The prosecution had failed to establish a direct link that he had practiced medicine without a license and that the information he collected was not for a medical abstract of a person but rather to establish baseline data for his research studies. Dr. Sebi was also acquitted due to numerous instances of testimonial evidence that revealed the apparent success of his approach to treatment. The trial that ensued ensured that Dr. Sebi's approached were well publicized and that more importantly, his approached produced tangible results that were manifested in those who had come to his defense.

The products that he eventually manufactured for sale in the United States became the subject of numerous civil suits which were adjudged in favor of the complainants. Dr. Sebi and his products were forbidden from the promotion of the alleged therapeutic effects of his compounds and were forbidden to indicate that these possessed curative properties that would remedy the illnesses that they were purported to treat. Later lawsuits eventually saw his name associated with that of Michael Jackson, where Dr. Sebi stated that he helped the embattled artist to overcome his addiction to opioid medications. The case filed by Dr. Sebi was later dismissed due to a lack of substantive evidence that indicated that there was an existent working relationship between him and Michael Jackson.

Dr. Sebi was later arrested in Honduras on charges of Money Laundering, where upon imprisonment in Honduras, he later contracted pneumonia and succumbed to his illness before he could be medically treated.

1.2 What is the Alkaline Diet?

The Alkaline diet is one of the integral parts of Dr. Sebi's approach towards the treatment of illnesses as this centered around a diet based on vegetables and fruits. It must be noted however, that not all fruits and vegetables are considered as part of the alkaline diet so you would have to pay close attention to the types of fruits and vegetables that you may safely include in the alkaline diet.

Dr. Sebi believed that the alkaline diet would help counteract the accumulation of acid and mucus in the body, believed to be a result of the consumption of acidic food. Subsequently, it is noted that the creation of an alkaline environment would lead to the inhibition of the growth of pathogens that lead to the cause of diseases. Again, it must be noted that this diet is significantly different from that of a vegan diet as there are no allowances for any form of animal product, such as in lacto-vegetarianism or even lacto-ovo-vegetarianism. Even a vegan diet is dissimilar to the Dr. Sebi approach as you are not permitted to utilize starches in the diet. A general rule for the selection of vegetables includes the use of seeded fruits, hence seedless fruits are not permitted in the diet. You will also find naturally grown grains. Food items that have undergone processing are not part of the alkaline diet. These types of food items are believed to foster the creation of an alkaline environment that would lead to the relief of your illnesses.

When one ingests food, the food is metabolized in the body until it is broken down into nutrients that are absorbed by the villi of the small intestine and distributed throughout the bloodstream to nourish the cells of the body. It is believed by Dr. Sebi that the type of food that one consumes in their lifetime is responsible for the type of diseases that are manifested. Recall that Dr. Sebi believed that an acidic environment in the body led to the growth of microorganisms and the development of various illnesses. It was his belief that it was necessary for the body to revert to its alkaline state. Dr. Sebi noted that when the body is in an acidic state, it utilizes the vitamins and minerals that it needs to revert itself to an alkaline state. Because of this, the same vitamins, and minerals that it needs to boost its restorative functions are lost. The alkaline diet is needed to ensure that the body does not utilize vitamins and minerals to restore its alkaline state and allow it to repurpose the vitamins and minerals to boost its own immune functions to counteract the diseases and symptoms that it may present with. The reversion of the body into the alkaline state is believed to produce an overall improvement in health.

1.3 An Updated Pantry for the Alkaline Dieter

It is crucial to the success of the Alkaline Diet that you would be able to identify the food items that form part of the alkaline diet. Again, before you start off with the diet, it is necessary to obtain professional help from your physician, or even a nutritionist who would be able to assist you to develop a dietary plan that accommodates food that forms part of the alkaline diet.

Dr. Sebi believed that food could be classified into three categories: Alkaline, Neutral and Acidic, like how you would visualize a pH scale if you would recall Chemistry or Biochemistry Classes. For a refresher on how you would be able to identify foods that are either of the three categories, here is a generalized chart that would allow you to identify food quickly.

Type	Food
Alkaline	Seedless Fruits, Legumes, Vegetables and Tree Nuts
Neutral	Neutral Fats (not those from Animals), Sugars and Starches (including Starchy Vegetables)
Acidic	Alcoholic Beverages, Eggs and Poultry, Meat and Dairy, Seafood

The amount of acid food may contain is determined by the pH Scale, a scale that numbers from 0 to 14, where zero is the most acidic item, while 14 is the most alkaline item. Neutral items fall at 7, which is the average pH of the human body. The pH scale is essential to determine the progress of your alkaline diet as your urine will be subjected to a pH test to see if it is acidic or alkaline. With the use of the pH scale, several 7 and above indicates that your urine is alkaline, while 6 and below indicates that your urine is acidic. Throughout the body, it is important to note that certain parts of the body are naturally acidic. These include the stomach, which secretes the hydrochloric acid needed to digest any food that we ingest. In women we have the vaginal canal, where a slightly acidic environment is needed to stop the growth of bacteria that can cause a variety of diseases that affect that area.

Where the body contains parts that are naturally acidic, there are parts that are naturally alkaline. Blood is a connective tissue that is alkaline in nature that ranges from 7.36 to 7.44 on the pH scale. Blood because of its importance in the maintenance of bodily functions cannot be subjected to extremes in terms of the pH scale. Blood that is too alkaline with produce a condition called Metabolic Alkalosis, whereas blood that is too acidic will cause Metabolic Acidosis. Both conditions have their respective symptoms that would cause the person to fall ill should they be subjected to either condition, hence it is necessary that blood maintain the pH level that it naturally has.

A little anatomy lesson should be discussed before we head into the pantry to determine what types of food should be used for the alkaline diet. It must be impressed upon you as the reader that your body cannot be fully alkaline, nor can it be fully acidic. There are certain areas of the body that can tolerate alkalinity, and these are what can be controlled with the aid of the alkaline diet. The body possesses a mechanism called the acid-base buffer where it secretes either Hydrogen ions to increase the acidity of a bodily substance that is usually acidic but was made alkaline. Conversely, it can also secrete Bicarbonate ions which increase the alkalinity of a body part that is usually alkaline but was made acidic.

Acid does not come from the food we eat, but as a byproduct of metabolism such as carbonic acid when we have excess carbon dioxide in the body; and lactic acid, from when we tire after exercise. The Alkaline diet becomes necessary to aid the body to restore its alkalinity that the body may be able to combat illnesses and restore its optimal functions.

To organize your Alkaline Pantry, here is a list of food that you may purchase from your local grocer, or forage for in the wild. For the latter option, if you intend to forage, you must carefully research the plant to ensure that you harvest the correct species and you harvest it in the most ethical manner to ensure a steady supply for yourself and for others.

VEGETABLES	DESCRIPTION
Amaranth Greens	Amaranth leaves are slightly sweet in flavor. The leaves are often used in salads, thou
Bell Peppers (Capsicums)	A familiar sight in the produce aisle, they can be yellow, orange, red or green. They m
Chayote	Commonly known as Mexican Squash, or Christophene, it resembles a large, green p
Chickpeas (Garbanzos)	The Chickpea is classified as a legume, with a firm texture and a nut-like flavor. The
Cucumber	While technically some fruit, it is often eaten raw or pickled in salads. They come in t
Dandelion Greens	The dandelion greens are the leaves that grow at the base of the stalk of the dandelion
Izote (Cacti Flora and Leaves)	The Izote is the flower and leaves of the Yucca, also known in Veracruz as the Cuares
Kale (any variety)	Related to the cabbage, Kale is perhaps one of the more familiar and nutritious vegeta
Lettuce	All varieties of this popular salad vegetable may be used as part of the alkaline diet ex
Mushrooms	All varieties of mushrooms may be used for the alkaline diet except for the shiitake m

Nopales (Prickly Pear Leaves)	When we refer to the Nopales, these are the edible pads of the Prickly Pear Cactus. Tl
Okra	This plant of Ethiopian origin finds popularity in most dishes from the American Sou
Olives (Fruits)	While botanically some fruit, you would find that the olive is used in most savory pre
Onions	The pungent scent of the onion is commonplace throughout many kitchens where it c
Purslane	More descriptions will be given about the purslane in a later section of the book. Its s
Seaweed	Seaweeds are commonly found in the coastal regions, though care should be taken tha
Squash	Though botanically some fruit, you would find the squash used in both sweet and sav
Tomatillo	The tomatillo should not be confused with the tomato, though it resembles a small, gr
Tomatoes	The tomato should not be confused with the tomatillo. You may use it in raw or cooke
Turnip Greens	Turnip greens are a soul food staple best consumed while the leaves are young and te
Watercress	Watercress prefers to thrive in the cool water of running streams. It is identified by its
Wild Arugula (Rocket)	You may find arugula in the stores, and in the wild. Arugula is quite bitter and aromat
Zucchini	Zucchini is a variety of summer squash that is colored dark green to a light green with

Items that are italicized may be foraged as an option but be sure to research if these plants are available in your area, and if you are not allergic to any of these. Consult with an experienced forager for questions. Foraging, while it would take time, optimizes the amount of nutrients that you may obtain from the food as this is food it its most primitive state, hence the vitamins and minerals that it may have been more potent that most store bought and garden-grown produce.

FRUITS	DESCRIPTION
Apples	The apple is one of the more familiar fruits with its numerous varieties that give it l
Avocados	The clay-like, buttery flavor of avocado lends itself to numerous raw applications. '
Bananas	Bananas are a popular tropical fruit that usually comes in bunches. Bananas are at t
Berries	For the alkaline diet, do not use cranberries as these are quite acidic. You may use c
Elderberries	Elderberries are the fruit of the elder tree and are purple to black in color and are ta
Cantaloupe	Cantaloupes are otherwise known as muskmelons, native to Europe. Once ripe, the
Cherries	Cherries come in sweet and sour varieties. Sweet cherries tend to be the larger vari
Currants	Currants may be the dried version of the Zante grape; or a berry that is related to th
Dates	The dates are the fruits of the date palm and are native to the Middle East though y
Figs	Figs have a soft flesh that encloses numerous seeds. The fig can range in color fron
Seeded Grapes	For the alkaline diet, it is recommended that seeded grape varieties be used. These
Lime	Limes are a small and green citrus that can be quite tart. Persian limes are the most
Mango	Mangoes are green when unripe, and a golden yellow once fully ripened. The flesh
Seeded Melons	Melons are related to the squash family, and can be either muskmelons or waterme
Seville Oranges or Sour Oranges	Oranges may be used for the alkaline diet, despite their reputation as tart fruits. It is
Papaya	The papaya has golden-yellow skin that surrounds a golden-yellow fresh with num
Peach	Peaches come in freestone or clingstone varieties, where the former is the one more
Pear	Pears come in numerous varieties and are harvested in the Western States. The pear
Plums	Plums have a deeply colored skin with a flesh that surrounds a central pit. They are
Prickly Pear Fruit	The Prickly pear is a fruit foraged from the Prickly Pear Cactus. Its green to purplis
Coconuts	Young coconuts are the best part to be used for the Alkaline Diet. The young cocon
Soursop	The soursop is also known as the Guanabana in Hispanic markets, and as Guyaban
Tamarind	The tamarind is native to Asia and Africa. A tree with 5-inch-long pods that enclose

Fruits that are in italics are also foraged, but as with the vegetables, precautions must be taken if you intend to forage. Some fruits may be found in specialized food stores, such as tamarind, the young coconut, and the soursop, so be sure to explore these as well.

GRAINS	DESCRIPTION
Amaranth	The seeds of the Amaranth are foraged from the Amaranth plant in the wild and are enclosed in large seed
Fonio	Fonio is an African grain commonly enjoyed in the West African region where it is a staple grain, relative
Kamut	Kamut is the ancient Egyptian word for Wheat and is believed by botanists to be the most ancient form of
Quinoa	Quinoa is the staple food of the Incas and remains central to many cuisines from South America. Quinoa c
Rye	The rye grains are often referred to as rye berries. Cracked Rye is referred to as Rye Chops and is easier to
Spelt	Spelt, like Kamut, is related to wheat, and contains gluten. Spelt has a high fiber content along with some
Teff	Teff is a grain about the size of a poppy seed that is native to the Horn of Africa region and is a staple grai
Wild Rice	Wild rice is not rice, but the grain of a grass that can be found in the Great Lakes region of the United Stat

Apart from the fruits, vegetables and grains that form part of the Alkaline Diet according to Dr. Sebi, there are other pantry staples that you would have to include in your grocery list to embark on your Alkaline Diet. The following staples include:

Oils/Fats	
Avocado Oil	Avocado oil is a great source of Vitamin E and is an unsaturated fat that allows the body to abs
Coconut Oil	Ideally cold-pressed. Caution should be taken with its use as Coconut oil is the only plant-base
Grapeseed Oil	Grapeseed oil comes from the seeds of the grape and can range in flavor to a mild grape flavor
Hempseed Oil	Hempseed Oil is different from the oil extracted from Marijuana, an important distinction. If u
Olive Oil	Preferable cold-pressed olive oil. Extra-virgin olive oil has the most vitamin and mineral conte
Sesame Oil	Sesame Oil is pressed from Sesame Seeds, where it comes in light and dark varieties. Use the
Nuts and Seeds	
Brazil Nuts	Brazil nuts are the seeds of a tree that grows in the Amazon. These are enclosed in a large pod
Hemp Seeds	Hemp seeds are a nut that can be eaten raw, or ground into a flour or protein powder, or may b
Raw Sesame Seeds	Sesame seeds come from the middle East, and range in color from brown to red or black. They
Raw Tahini	Tahini is simply the Sesame seed ground into a paste. It is used to flavor dishes like the Baba G
Walnuts	Walnuts are the fruit of the Walnut Tree, of which the English Walnut is the most popular varie
Herbs and Spices	
Achiote/Annatto	Achiote is the seed of the annatto tree and has a slightly musky flavor. They are at their freshes
Agave Syrup	Agave syrup is made from a succulent that grows in the Southwest US, Mexico, and Central A
Basil/ Sweet Basil	Basil has a flavor reminiscent to that of cloves and licorice. It is a member of the mint family.
Bay Leaf/Laurel Leaf	There are two varieties of the Laurel: Turkish and Californian. The Turkish variety has oval le
Cayenne Pepper	A spice made from several varieties of chilies; Cayenne is also known by the term red pepper.
Cloves	Cloves are the dried buds of the clove tree, reddish brown in color and shaped like nails, from
Date Sugar	
Dill	Dill weed is different from Dill Seed, though both are used to flavor dishes. Dill Weed is sold
Habañero Peppers	Habañero Peppers are small, and lantern shaped peppers commonly used in Caribbean, South
Onion Powder	Onion Powder is simply dehydrated onion that has been ground finely.
Powdered Seaweed	Powdered seaweed is often used as a thickener and stabilizer in commercial applications, but t
Sage	The herb is native to the Mediterranean region. Its characteristic oval-shaped, grayish-green le
Savory	This herb comes into types: Summer and Winter Savory. Savory has a flavor reminiscent to th
Tarragon	The pointed, narrow, dark green leaves of the tarragon are easily identifiable. The herb lends a
Thyme	A member of the mint family, Thyme can be Garden or Wild variety. Lemon thyme has the mi
Teas	
Burdock	The teas under this section will be discussed in a separate chapter. These are the types of plant
Chamomile	
Elderberry	
Fennel	
Ginger	
Raspberry	
Tila	

1.4 Make the Most of your Alkaline Diet

Once you have your pantry stocked, it is not enough that you simply have the approved food items in storage. It is important that you can understand the principles that underlie the success of the Alkaline Diet that Dr. Sebi has recommended for those who wish to restore the homeostatic state of their bodies. The guidelines that Dr. Sebi has recommended include:

Products that are not included in the approved list of foods should not be ingested or drank, in any form, whether on their own, or combined with other food items that are on the list. The guidelines of the alkaline diet require strict adherence to the list of approved food items.

Constant hydration is a necessity, and throughout the day, you must consume at least more than three liters of water, preferably spring water when you are able to do so.

The Alkaline diet for it to be successful requires that you take in Dr. Sebi's products an hour before you take any medications that are prescribed to you.

You may take the mixtures and products marketed by Dr. Sebi at the same time as there is no worry for any medication interactions.

The nutritional guidelines established by Dr. Sebi, and the mixtures and products marketed by Dr. Sebi must be strictly followed and taken daily.

As part of the alkaline diet, you may not consume any animal-based products or hybrid products.

As part of the alkaline diet, it is recommended that you not take in any form of alcoholic beverages or any form of dairy products.

The consumption of wheat is not recommended, as the alkaline diet recommends only the grains that have been included in the approved list of grains (see previous section).

The grains that are on the approved list of Dr. Sebi may be available in health food stores in processed forms such as pasta, flour, and bread. These may safely be consumed as part of the alkaline diet without any worry on your part.

Canned fruits are not recommended as part of the alkaline diet, you may not consume them. Likewise, it is advised that you not consume any form of seedless fruits.

A microwave should not be used to reheat any meals that you have.

From the approved food list, the alkaline diet created by Dr. Sebi is one that is low in calories. For this type of low-calorie diet, a sudden shift to this diet may cause additional stresses on the body as it tries to adjust from your current diet with a higher calorie count, into one that is significantly lowered. Because of the potential for the effects that the body may exert as it attempts to stabilize itself, before you embark on the diet, it is recommended at least that you obtain a professional opinion that it is safe for your body to transition into an alkaline diet. The alkaline diet cannot be seen as a usual means for a person to lose weight due to the potential for complications that result from the attempts of the body to regulate itself from a regular diet into one that has a significantly lower number of calories. The alkaline diet and its application are rigorous and while there may be weight loss that would take place, there is also the potential that the body cannot adjust itself to accommodate a low number of calories. The body requires a certain number of calories that it needs to be able to sustain the functions of its

organs. If the body is unable to sustain the functions of the organs due to its low number of calories, the consequences can be fatal, hence the need for a professional opinion to see if your body can handle it.

It is recommended that the diet be followed in one's lifetime, which would be difficult to do for someone who is new to the alkaline diet. If you do succumb and consume other foods that are not on the approved list, then the effects that the alkaline diet had created would reverse over time. It is important that you can set a reasonable pace when you start with the alkaline diet. This way, your body can adjust to the reduced caloric intake and the consequences from the shift would not be severe.

1.5 Is the Alkaline Diet a Panacea for Disease?

Our perspective of food has shifted over time as we have evolved from a hunter-gatherer society to an agrarian society which has allowed us as a people to take in more types of food that expanded our diet. Over time, advancements in food science have enabled the development of other types of food and other preservation methods to ensure that we are able to improve our dietary situation. This has resulted in a diet that one would associate with a Westernized diet, one that is rich in calories, saturated fats, and proteins, and low in dietary fiber. Fruits and vegetables are rarely eaten either because the average person refuses to eat them, or simply because they are consumed in a form that detracts from their overall nutritional value. Subsequently, there are instances where the average individual now has a myriad of food allergies and food intolerances that affect their dietary patterns and how they can eat. There are instances too, where the type of food we eat results in diseases that are often termed lifestyle diseases as they have originated from the type of lifestyle that we partake in. Cancer and Diabetes are among these two diseases. It would be logical then to assume that a reversion to our dietary preferences in the past would allow our body to revert into its pre-illness state. It becomes possible now that with adjustments to out dietary preferences that we can create a diet that makes it possible for us to avoid the contraction of illnesses and to recover from the said diseases.

Does this mean that the alkaline diet is a universal cure-all for a variety of diseases? Not exactly. What it can do is to mitigate the effects of illnesses on the body and make you less susceptible to it. In an earlier part of the book, it was stated that the body has mechanisms that allow it to maintain a balance between the acids and bases that it has. To understand the effect that the alkaline diet has on the body and how it can lead to the relief of diseases, it is important that we are able to understand how the alkaline diet works to relieve symptoms of illnesses.

Dr. Sebi believes that excessive amounts of acid are responsible for the presence of fatigue and flu in the body. From an anatomical standpoint, we experience tiredness when the body experiences a build-up of lactic acid that compels the body to rest and relieve the build- up. Lactic acid fermentation, it must be noted, does not come because of the consumption of any food, but is the byproduct of cell metabolism that allows us to perform our activities of daily living. Other acid buildup in the body may result from respiratory or metabolic alkalosis, which if left untreated, causes damage to certain parts of the body that may be affected by the more acidified blood, and the presence of carbonic acid. The body allows the restoration of the acid-base balance with the use of the acid-base buffers which involve a secretion of bicarbonate ions to ensure that the acidic levels are made more alkaline, and hydrogen ions to ensure that alkaline levels can reach the usual pH levels for the blood in the body. You may test this out yourself with the aid of a pH test and pH strips for your saliva and urine. Saliva has a pH range of 6.5-7.5, whereas urine has two different ranges: 6.0-6.5 in the daytime, 6.5-7.0 in the evening.

An amount lower than 7 indicates that the body, or at least the part that was assessed, is at some level, acidic. Aside from the manifestation of tiredness and flu-like symptoms, there are diseases that can be aggravated by an elevation in the acid levels of the body. Aside from fatigue and acid buildup, you may experience ulcers (gastric and duodenal), dry skin, acne, and may be overweight. More severe repercussions include the likes of joint disorders, osteoporosis, cardiac conditions, and bronchitis. Sometimes, medicines will be unable to provide the relief that you seek hence the need for a lifestyle change to ensure that you are able to obtain the relief that you seek. The guidelines of the alkaline diet ensure that the body can restore its alkalinity without the need to reduce the vitamins and minerals that we ingest.

There are benefits to be had with the alkaline diet. These include the following advantages:

Weight Loss. On some level, we must admit to ourselves that part of the reason why we embark on a diet is because we want to lose weight, and that is a good idea. Apart from the aesthetic appeal of a changed appearance, our body is not generally equipped to carry excess weight. Dr. Sebi believes that the adipose cells of the body serve as a barrier to absorb excess acids in the body and store it somewhere else. However, if the body contains an excessive amount of acid, fat cells remain close to the tissues that they adhere to. The alkaline diet produces weight loss through the reduction of the overall acid levels of the body. This reduction in the acid level causes the body to store lesser amounts in the adipose cells, which eventually causes weight loss.

Increased Energy Levels. Energy levels are determinant upon the metabolic rate of the body, and Dr. Sebi believes that that fluid build-up in the body causes a decline in the overall energy levels of the body. Higher acid levels in the body will cause the body to leach out minerals from the body's stores to restore the alkaline levels of the body. Dr. Sebi believes that if the body is in an alkaline state, it will not need to utilize the mineral stores of the body to restore itself to an alkaline state. The vitamins and minerals that are unused for this purpose can be used by the body to boost its own immunity and allow it to combat other diseases. It is accepted that when minerals are leached from the bones, these lead to the development of osteoporosis. If other minerals are leached from the organs of the body, this leads into the development of exhaustion. It is believed by Dr. Sebi that if the body can restore itself to the alkaline levels, then it would have sufficient energy to satisfy its metabolic requirements.

Allergies. There are certain types of allergies that you may be subjected to, and these include food related allergies such as nuts and dairy; and allergies that come from contact with certain items such as dust, pollen, and latex. There is a distinction between allergies and intolerances as the latter condition is comparatively milder in its effects compared to that of a full-blown anaphylactic reaction or hives. Dr. Sebi believes that allergies are a result of acidic conditions that cause the immune system to be in a state of constant action. As a result of the constant action of the immune system, the body becomes hyperaware of environmental triggers such as pollen and dust. This causes the manifestation of allergic reactions. The body reacts to this through the production of mucus, eczema, soreness and pain and it is believed by Dr. Sebi that in an alkaline diet, the hyperaware state of the body would be reduced once the acidic triggers have been eliminated from the body.

The Aging Process. On some level, we must admit that one of the reasons why we have engaged in the alkaline diet apart from the weight loss is for the reasons of vanity. This includes the aging process, as we are engaged in the endless search to recapture lost youth. Dr. Sebi believes that the acidic environment causes the body to degrade over time. When the body becomes too acidic, it reverts to a state known as acidosis, which we have touched upon earlier. Acidosis speeds up the oxidation process within the body, and the breakdown of the fats within the body. With the presence of a continuous breakdown, it causes free radicals to be released into the bloodstream. Free radicals are responsible for attacks upon the cell membranes which allow it to destroy the cells. The degradation of the cells causes the manifestations of the signs of aging. Dr. Sebi believes that the elimination of the acids in the body would lessen the rate at which the body degrades and allow you to reverse the aging process.

Oxidation. One of the results of cellular metabolism is the production of acid wastes in the body. As a result of the accumulation of acidic wastes in the body, it is believed by Dr. Sebi that the cells in the body are unable to receive an adequate supply of oxygen. It is possible to restore the effects of oxidation had made with dietary modifications provided because of the alkaline diet.

Controlled Blood Pressure. Hypertension is a condition of elevated blood pressure, where blood pressures of 130/90 and above are indicative of the condition. Dr. Sebi notes that an acidic body leads to a slowed metabolic function of the cells, and because of the decline in their speed, the heart begins to increase the amount at which it pumps blood throughout the body to compensate for this decline in speed. This results in high blood pressure. Plaque build-up (made from the consumption of saturated fats), causes the narrowing of the arterial walls (atherosclerosis), is a result of the elevated acidity in the body. The alkaline diet allows you to remove the acidic waste that causes the reduction of the speed at which the cells function, and allows your cells to function optimally, and prevents your heart from the compensatory functions that elevate your blood pressure.

Decreased chances for Degenerative Diseases to Develop. An acidic environment causes acidosis, believed by Dr. Sebi to be the root of a variety of diseases to include diabetes, obesity, liver diseases, kidney diseases, neurologic diseases, coronary disorders, the effects of aging, osteoporosis, and several types of cancers. Degenerative diseases are believed to thrive in an acidic state, and thus the alkaline diet eliminates the acidic environment in which these diseases thrive.

From the choices that are enumerated, the Dr. Sebi Alkaline Diet can lead to relief of symptoms and the reversal of symptoms. While it can cure a variety of conditions, it must be impressed upon the reader that the diet is not a complete substitute for medication, but simply a means to modify your lifestyle. This lifestyle modification allows your body to safely transition from an acidic, high protein, high calorie diet to a low-calorie diet that allows your body to tap into its own restorative functions, supplemented with the right kind of food. This allows your body to create the conditions wherein the body can counteract the effects of the illnesses that you may have.

There are concerns with the diet in that because of the focus on a low-calorie diet and a plant-based diet, that there is very little protein in the diet. For those who wish to engage in a fully vegan diet and are accustomed to meat substitutes made from soy – such as tofu and tempeh; and meat substitutes made from gluten, they would find that these are not included in the list of approved foods by Dr. Sebi. You cannot be without protein as well as protein is necessary for the repair of the body's tissues. From meat products, you can obtain Vitamin B12, which is not present in the food sources approved by Dr. Sebi. As a result, it is recommended by Dr. Sebi, that to compensate for the lack of natural Vitamin B12 food sources, that you can supplement this with other sources and fortified foods.

You cannot be without Vitamin B12, as a deficiency in this would cause you to have pernicious anemia, a condition that if you acquire it, does not have any cure, and would require a lifetime supplementation of Vitamin B12. To prevent it, it is best if you take Vitamin B12 supplements with the food from the approved list to ensure that you can maximize your nutritional intake, reduce your acid buildup in your body, and allow your body to gradually revert to its alkaline state.

1.6 Conclusion

Dr. Sebi founded the Alkaline Diet to rectify what modern and Western Medicine was not able to do for his varied illnesses. The basis for the Alkaline diet rests upon the basis that a buildup of acids is the root cause of a variety of diseases such as diabetes, obesity, heart conditions and some types of cancers among other conditions. The Alkaline diet cannot be considered a cure all, but it does create an environment wherein the body reverts itself from its acidic state brought upon by a Westernized diet, to a more natural alkaline state wherein the body can modify the acidic conditions that brought about the diseases.

The diet can be considered as a lifestyle modification that is in line with modern schools of thought in that a Westernized diet high in saturated fats is the root cause of lifestyle related diseases, hence the moniker attributed to them. The Alkaline diet and the approved list of foods in the list would enable you to control the environment of your body and make it more conducive towards a healthful state.

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2

TO CLEANSE AND DETOXIFY YOURSELF

The body can become a reservoir of toxins that, when they accumulate in sufficient amounts, can cause detrimental effects to the overall health of the body. There are organs that are responsible for the detoxification of harmful substances in the body.

From an anatomical standpoint, the liver is the main organ that is responsible for the detoxification of harmful substances in the body. Substances such as alcohol and medications that are taken in are metabolized by the liver in small amounts and are broken down into their components. Subsequently, the liver becomes the organ that is most affected when there is an excessive buildup of toxins in the body due to its integral function in the breakdown and metabolism of various substances.

The kidney is another organ integral to the ability of the body to cleanse itself. Essentially the kidney itself functions as a filter through which blood in the body passes through to be rid of the waste products in the body. These include substances like creatinine, urea and nitrogen which are usually excreted in the form of urine. Damage to the kidneys will cause an accumulation of these substances in the bloodstream and cause the body to experience various kidney diseases.

The skin is another organ that is used to cleanse the body as it can remove waste products from the body by means of the perspiration. The intestines of the body can absorb the nutrients and eliminate the waste products from the food that we have ingested over time. This allows the body to eliminate other waste products.

Now you may wonder, since the body is able to detoxify itself naturally, why is there a need for us to perform our own methods of detoxification? The liver, kidney, skin, and intestines can perform their functions yes, but when there are those times that there are too many waste products for them to excrete and metabolize, these can go beyond their abilities. Hence, there is the need to detoxify the body to aid them. We often hear about detoxification but rarely appreciate what it entails. This chapter aims to shed light on that and how you can start on your detoxification journey through the methods of Dr. Sebi. Detoxification in his context is defined as the process that strengthens, regenerates and cleanses cells and this is done through the alkaline based diet that we have discussed in the previous chapter.

2.1 The Essence of the Reversal Approach

Dr. Sebi believed that the accumulation of acid in the body is responsible for the inflammations and blockages that are present in the body. Therefore, when we detoxify the body with the use of the Dr. Sebi approved alkaline diet, we eliminate the acids that are the cause of the inflammatory processes and blockages in the body. Once the acids in the body have been removed, the cells are able to obtain the nutrition that they require for their metabolic functions and allow the body to repair itself.

A diet rich in animal products is believed by Dr. Sebi to not only be acidic, but also inflammatory, putrefactive (causes putrefaction or degradation), and congestive (causes blockages) in nature. A diet rich in animal products is also noted to be one of the causes of cancer in the body. Animals that have been vaccinated, medicated, and treated with hormones cause alterations in their tissue structure which we take in as we eat them. Subsequently, the tissue conditions that were acquired by the animals get passed on to us. Dr. Sebi believed that the consumption of meat leads to the experiences of weakness and dehydration in the body, said to be caused by the presence of iron and phosphorus in the body. The presence of iron and phosphorus in the body removes the other useful electrolytes such as magnesium and calcium. This is believed to obscure the ability to detect cancerous cells from their point of origin.

Chemotherapy and radiotherapy are believed by Dr. Sebi to not aid in the treatment of cancer, as this allows the cancer cells to spread to cells that have been weakened by these forms of cancer treatments. The cell subsequently becomes destroyed by the effects of radiation and becomes unable to transport the oxygen that the tissues need and is rendered inert by the effects of the radiation. Despite the lack of oxygenation within the cellular body, it is still possible for glucose molecules to enter the cell through the cell membrane for its metabolization. The subsequent cellular respiration process that takes place despite the inability of the cell to transport oxygen results in the production of acids and toxins that build up within the body. Dr. Sebi believes that the presence of excessive acids in the body that causes the acidic environment and the subsequent accumulation of toxins from the cellular wastes is the cause of Cancer. Once cancer develops, it is noted that this leads to a decline in the energy levels of the affected individual, and a further decline in the health levels of the body. The endgame scenario results in the overwork of the immune system as the Thymus gland – the gland responsible to produce T-Cells and is present and active only in childhood and early adolescence; and the bone marrow – the production site of B-cells become suppressed in their functions and subsequently cause the number of immune cells present in the body to be lessened in a cancer patient.

2.2 Intracellular Cleansing

For an anatomy lesson on the side, to understand how the body itself can eliminate waste from itself on the cellular level, we must understand the importance of the lymphatic system. The lymphatic system can be analogized as the waste treatment facility of the body. Where the blood vessels serve as the roads that allow our cells to transport oxygen and nutrients all over the body, the lymphatic vessels are the pipes that drain waste from these organs and store this waste in a separate system that runs throughout the body. The problem with this system is, if it becomes congested, we see a buildup of waste within the body. On the occasion that we do have conditions such as boils, some of the lymph comes out as the waste contained within the body. If the body is unable to eliminate the waste that is present in the lymphatic system, it causes an accumulation of toxins, heavy metals alongside the byproducts of cellular respiration and metabolic wastes. Because of the accumulation of so much waste products, this causes the cells in the body to die as they cannot thrive in a toxic environment.

For detoxification to take place and properly restore your body to its alkaline state, primed to combat disease, it is necessary to ensure that your lymphatic system operates at its most optimal state. From the lymphatic system, the waste products built up in the body are excreted through the skin, the kidney, and the colon. The skin eliminates the product through sweat; the kidney excretes these waste products through the urine; and the colon excretes these waste products through the passage of fecal matter. As a result, in the same manner as you would clean out your home disposal system, you can apply the same principles in that you have to detoxify your lymphatic system, that way, your body would be able to clean itself out.

There are certain conditions that prevent a person from the excretion of their waste products. The inability to sweat can be found in some individuals and this is referred to as anhidrosis. This is a relatively rare condition however, but when it is present in a person, it is often caused by severe burns (second to third degree), radiation (from prolonged exposure to ultraviolet radiation from the sun), infection, inflammatory processes, and other conditions that may affect the skin. The walls of the large intestine may be impacted by several conditions, and this can prevent the large intestine from the resorption of water and the proper removal of wastes. The ability of the kidney to effectively filter waste from the lymph and the blood vessels can be affected by the presence of kidney disease. Anatomically, if there is a problem with the blood flow to the kidney, then the kidney could not filter. If these are all affected, or at least some are affected, especially the kidneys, then waste cannot be eliminated from your body. A swollen lymph node is the classic manifestation of the build-up of waste in the body, and as a result, it swells to palpable nodes in parts of our body. Some examples include the neck area, and in your axillary region, where clusters of lymph nodes gather, and sometimes swell in the events of waste accumulation and infection. These lymph nodes once swollen can develop into lymphomas – a tumor of the lymph nodes; throat cancer – as the tonsils themselves are lymph nodes; and because of the high density of lymph nodes in the breast, breast cancer.

To cleanse at the cellular level, it becomes necessary to adapt to the alkaline diet, but again, it must be stressed to do so gradually. A sudden shift may be fatal. Once your body can detoxify itself, you will feel revitalized and reenergized as your lymphatic system has been sufficiently cleansed.

2.3 A Week of Detoxification

There are several ways you can detoxify your body, but you will have to do this over time. There is no point in the use of several detoxification regimens as these may affect your body in unexpected ways. Alcohol detoxification would mainly affect the liver as it is the liver that is responsible for the metabolism of alcohol into is smaller components. In its quintessential state, alcohol detoxification is simply the removal of alcohol from your system. While there are medicines that inhibit you from the consumption of alcohol, the side effects are severe should you accidentally take in alcohol while you are on that medication, hence the need for an alternative means to detoxify. When you take in alcohol, you lower the amount GABA (gamma amino-butyric acid) neurotransmitters that are in your body. It is important that when you do choose to detoxify from alcohol that you do so with medical supervision. It is not a good idea to do this alone as the side effects and adverse effects of the process may be fatal to your body. Alcohol removal does not imply that you are free from the addictive effects of alcohol, rather, you require alternative means to overcome your addiction to alcohol itself.

Drug detoxification is a method that is often used by physicians to mitigate the withdrawal symptoms as the person who undergoes the detoxification process gradually adjusts to a drug-free existence. The use of drug detoxification does not entail that you become free. Just as with the detoxification of your body from the influence of alcohol, this is just a step before you can truly overcome any addiction to drugs that you may have. There are two different methods in which you can truly detoxify medications. One method of drug detoxification involves the use of other medications to counteract the effects of drugs. The other method does not involve the use of medications. Both methods however take place over several months and take place in residential rehabilitation centers rather

than the clinical institutions. There are treatment options that may be available to an individual to ensure that the person does not suffer from the ill effects of the withdrawal symptoms, which can temporarily debilitate a person if left unsupervised. Additionally, these methods of detoxification do not only entail the use of medication but also the use of therapy as well as counselling to ensure that you are able to cope with the withdrawal process.

The problem with those who choose to undergo drug detoxification is that many do not realize that they need the detoxification until they suffer from some sort of side effect from too much use of the drug. Subsequently, you must be aware on some level about the effects some drugs may have on your body and once you realize that this is the best time to act upon your detoxification journey. Because of the years of indulgence, symptoms may include lethargy, a lack of energy derived from a lack of sleep, and an overall lack of general activity in the performance of your activities of daily living. Thus, there are several steps that you can take to ensure that you are able to restore the necessary energy levels that your body needs.

Detoxification is a gradual process and as a result, it is best to do it twice a year as each process lasts several months. When you embark on your detoxification journey, you are required to exercise discipline to ensure that your efforts to restore your body to its homeostatic state are worth the time that you have invested into the process. Some of the detoxification processes involve a retreat from all the interferences in your life. It is integral to your detoxification process that you distance yourself from all your other obligations in the meantime and embark on a retreat. You would need to enact a change in your dietary patterns and focus it more on the foods that are on the approved list of the Alkaline Diet recommended by Dr. Sebi, and avoid the consumption of meat, dairy and soy products, as well as refined grains. This retreat does not have to take a lot of your time as you can obtain great results from a three-day retreat or a five-day retreat. In this case, quality over quantity matters the most, and you may not only be able to remove the toxins from your body, but also encounter additional benefits such as weight loss. Before you reap the benefits however, your body may

experience the pangs of hunger, the desire to consume certain food items, and because of the lowered blood sugar levels- you get nausea.

Before you embark on the detoxification journey however, you need to know if you need to undertake the journey. If you find that you are more tired due to the daily stresses that you experience; if headaches are frequent and these cause your mind to feel distracted; your skin begins to breakout in rashes and hives and you suffer from a poor complexion; you are more prone to illnesses and frequently take medicines; you suffer from digestive problems; your diet is rich in saturated fats and refined sugars; you frequently take in caffeinated beverages, alcoholic beverages and tobacco products and come into contact with other environmental pollutants that affect your quality of life. This may cause you to take on additional weight onto your body. You may also suffer from depression, and you feel that you are unable to carry on with your tasks of daily living and feel that you do not want to continue with life in general. On a surface level, you also exude bad breath and body odor regardless of how many times you bathe or brush your teeth.

2.4 Cleanse Yourself from the Inside

Detoxification at its innermost level is the removal of the toxins from the body, where the main organ concerned with the detoxification process is the liver. The liver, as touched upon earlier, is the organ that is responsible for the metabolization of substances that would otherwise be harmful to the body if ingested in large amounts or in frequent dosages. This means that every time we take medications or alcoholic beverages, our liver takes in these substances and reduces them to a state where they could not cause any harm to you. This is why, especially for those who drink alcoholic beverages, the liver is the organ that is severely affected and becomes the cause of liver disease and liver cancer. For detoxification to be successful, it

is important that you can restore the liver to its optimal state that it may assist in the detoxification process that you are on.

Aside from the liver, our body itself reacts to a variety of environmental triggers which serve as stressors. These stressors accumulate within the body and cause a variety of reactions wherein the reaction develops into a full-blown inflammatory reaction that becomes the symptom for a variety of illnesses in the body. Though the body itself has a mechanism with which it can deal with an inflammatory response, it must be remembered that inflammation of a body part is also a bodily mechanism itself that is aimed towards the destruction of the cause of the inflammation. But when the cause of the inflammation is the bodily response to stress, there may be issues in the detoxification process. This is why it becomes important to prevent the body from being overwhelmed, and why detoxification of the body matters. Aside from the consumption of the alkaline food to reduce acid buildup in the body, there is also the need for you to care for your body as well.

There are several ways that you can detoxify your liver since it is an essential organ to the detoxification process. For the morning detoxification routine:

You may start of your detoxification routine with a mug of an infusion of cleansing herbs and teas recommended by Dr. Sebi. Follow this up with a brief aerobic exercise such as a brisk walk, a bike ride, a yoga session, or a lap in the pool. After your aerobic exercise routine, you’re bound to be hungry, and your breakfast can start with a smoothie made from a handful of wild greens that have been approved by Dr. Sebi (see the approved foods list), such as wild arugula (rocket) or amaranth, or simply whatever green is in season. You may add a portion of a cantaloupe, half a banana, and half a cup of hazelnut milk or hemp milk or other non-dairy milk that you may have on hand.

Another smoothie recipe that you may use can use the same wild greens that are on the approved foods list, with a whole banana, two slices of key limes, two to five pieces dates – remove the pits as they can ruin the blade of your blender. With another handful of greens, you may add half a Seville orange, half of a green apple with its core removed; ½ a cup of green grapes, and three to five pieces of dates, again with their pit removed. You may also mix in a handful of approved greens with the pulp of a soursop, ½ a cup of papaya, cubed or a mango, cubed; and the meat of the young coconut – use the water when you can as this is highly nutritious. Wild Greens may be mixed in with a full head of elderberries, a whole apple, cored and cubed, and a sliced whole banana. Alternatively, another smoothie recipe that can aid in the detoxification of your liver includes any vegetables that you choose. Add a fourth or a half of a pitted avocado, a cup of fresh figs, a fourth or a half of a key lime, a whole peeled ripened cherimoya, 1 to 2 pieces of a whole ripened banana, sliced; a Seville orange, and any nut milk such as Brazil nut or Hazelnut. You may also take a cup of zucchini, cubed, or diced into more manageable pieces as your smoothie base, and add one to two cubed mangoes, 2 peeled portions of a key lime, a peeled Seville orange, and add in two-thirds to a cup of nut milk such as hazelnut or Brazil nut. Add additional flavors with a cup of fresh cherries with their pits removed, and a half cup of berries. Once you have taken any of these smoothies in, drink a glass of spring water after every two or three hours.

Afternoon Detox Session

The next step would depend on the type of smoothie that you consumed as part of your breakfast detox routine, but you are free to consume fruits from the approved list of Dr. Sebi (see list of approved foods in Chapter 1). Take care to ensure that what you do eat as part of your afternoon detoxification session is not an ingredient that you have used as part of your morning

detoxification routine. After you have had your fruit snacks, you may drink a mug of the infusions or teas recommended by Dr. Sebi.

Evening Detox Session

Your evening detoxification session is more substantial as you can consume a mixed salad of lettuce with tomatoes (except plum and cherry tomatoes), with diced avocadoes, cucumbers, dressed with an olive oil and key lime vinaigrette (there is no vinegar involved in the dressing), and drink a mug of Dr. Sebi's approved teas or infusions.

The Length of Time

There is no preset time in which your body can completely detoxify itself as the length of time needed is dependent on the amount of toxins that your body has accumulated, a lifetime's worth. This does not mean however, that you are to be on a lifetime detox session, no. Dr. Sebi himself when he underwent his own detoxification session took at least three months for his body to be rid of the waste products and acids that were built up, and you can expect that this is the most ideal timeframe. However, if you are unable to devote yourself to that length of time, which is completely understandable, you can have a shortened detox period of one to two weeks. In cases of illness, you can continue with your detox routine with a slight modification, you can safely consume the fruits and vegetables that are on the approved foods list of Dr. Sebi. In the previous sections we have discussed about how after the morning smoothie detoxification step, and after your afternoon fruit snack detoxification step that you should follow this up with a mug full of the Dr. Sebi approved cleansing herbs, infusions, or teas. Use a proportion of 1 teaspoon of the mixture to 8 ounces of warm water. If these teas and infusions are already packaged, follow the

instructions on the packaging of the herbs. Modifications must be made on the amount of water that you consume each day, and you may safely combine up to three different herbs or teas in this way. Be sure to follow the proportion of a teaspoon each of the herbs that you intend to infuse and mix this into eight ounces of water for your tea. It is not advised that you combine four herbs as this would throw the balance of the tea and ruin the concentration of the nutrients that your body obtains from it. If you intend to combine the herbs, it is recommended that you follow the formula below:

Gall Bladder + Colon Cleansing Herbs

Kidney + Liver Cleansing Herbs

Mucus + Respiratory Cleansing Herbs

Heavy Metal + Lymphatic Cleansing Herbs

If you are on medication however, and you intend to detoxify yourself, priority is to ensure that you do not lose the therapeutic effects of your medications. Take your medications an hour after you have taken your herbal infusion. Herbal infusions meant to detoxify your colon should not be used for more than a month to ensure that you and your body do not become too dependent on the herbs. On the last days of your fast for your detoxification routine, reduce the consumption of your teas to at least once a day, or a half teaspoon twice or thrice a day. To make the teas, prepare 8 ounces of water, enough for one dose. Measure a teaspoon of your chosen herbs in accordance with the guidelines that were established into the cup. If you are using two to three herbs, measure a teaspoon each into the cup. Pour the boiling water over the herb mixture and allow too steep for fifteen to twenty minutes to ensure that the infusion is concentrated. If you are using a root or other plant part in the infusion, chop the root or plant part and add into the water. Let it boil for fifteen to twenty minutes to ensure that you obtain the maximum amount that you can infuse into the mixture.

Once boiled, let cool for an additional ten to fifteen minutes before you drink.

2.5 Conclusion

The body is very receptive to the effects of inflammation, stresses, and acid build-up which becomes the cause as to why the body begins to develop harmful diseases such as cancer. In addition to this, if the waste products of cellular respiration and metabolism are not disposed of, they can impact the organs of the body that are responsible for the removal of these products. Subsequently, this entails that detoxification is needed to help the body clean itself up and ensure that your body is well equipped to handle its own detoxification mechanisms. The steps here allow you to detox your body over time with the recipes and steps that are listed. Be sure to obtain a professional medical opinion first before you embark on a detoxification journey to ensure that your body does not suffer from any unexpected shocks when you start. Detoxification is a gradual process, and it is best that you do not rush it, that your body can acclimate to its newer status.

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3

RECIPES

It would be remiss if this book provided a comprehensive food list of approved foods, herbs and spices that are part of the Alkaline Diet if you did not know how to use this. There would be some adjustments that must be made as you would have to avoid the use of animal-based products (except honey), many starches which we have grown accustomed to, and the use of dairy products. If you would look back to Chapter 1, there are numerous substitutions that can be made, and with a bit of help from this book, you would be able to enjoy Alkaline based meals just as much as you enjoyed your meals from your previous dietary practices. The information of the recipes contained within this section will contain their nutritional value as well as the amount of time needed to prepare and cook the dish, as well as the amount of time needed for additional preparations. These will be categorized according to Breakfast, Lunch, Dinner, Snacks – because we cannot do without these no matter what, and how to make your own basic staples that you can add your personal twists to later.

If you are unsure as to what the ingredients are, or what they mean, you may revisit the approved food list in Chapter 1, and for Spices and Herbs, you will want to look at Chapters 1 and 3 for a more comprehensive guide on the spices and herbs permitted under the Alkaline Diet. Here, your food can also become your medicine, and they do not have to be exclusive of the other. Get your aprons and equipment set up and be ready to cook up a storm.

3.1 Different Types of Storage

I hope meal prep will become a regular routine in your home like ours. To make that happen, you must invest in and choose the right storage containers. When I was ready to invest in a set of containers, I bought a few different options—glass, metal, and plastic (BPA-free, of course). This way, I could do a trial run to determine what I liked best before making a big purchase. Trying a few to see what you like and what works best in your kitchen will save you time and money in the long run.

Good-quality containers are essential for keeping your food fresh as long as possible. Here are some things to look for when buying containers for meal prepping:

BPA-free

Suppose you're looking for a safe and environmentally friendly way to store your belongings. In that case, you may consider using storage containers made of plastic free of bisphenol A (BPA). BPA is a chemical often used in manufacturing plastics, and it has been linked to health concerns such as hormone disruption and developmental issues in children. There are a variety of storage containers made without BPA, and some of the most popular options include glass and stainless-steel containers. While there are some benefits to using these containers, they may not be ideal for all situations. For example, glass containers are heavier than plastic ones, making them more difficult to move around. Additionally, stainless steel containers can be difficult to clean if they get dirty. Suppose you're undecided about which type of storage container is best for you. In that case, it's worth considering your needs and preferences before deciding.

Plenty of options will meet your needs without exposing you or your belongings to dangerous chemicals.

Stackable

I know we all have a cupboard, or a drawer packed full of containers and lids. If you begin to make meal prep a part of your regular routine, a lot of containers will start to accumulate. Stackable containers will keep your cupboards functional and organized, making life easier.

Freezer-safe

A freezer-safe container is a great option for long-term storage because it's temperature and humidity resistant. This container is also ideal for storing perishable items, like food. These containers are heavy-duty materials, like steel, and can hold much weight. They're also easy to clean.

Microwave-safe

Another type of microwave-safe food storage container is the Pyrex container. Pyrex is a popular brand name for glassware that is heat resistant up to 480 degrees Fahrenheit. Pyrex containers are often used to store foods like soups, stews, and chili in the oven or microwave. In addition to storing food in traditional containers, there are special holders designed specifically for microwave use. These holders are often called "microwave mugs" or "microwave pouches," They come in different sizes and shapes to fit any type of food.

Dishwasher-safe

Dishwasher-safe containers are designed to be washed in a dishwasher. This means they will not corrode or warp over time, making them ideal for storing food. Non-dishwasher safe containers, on the other hand, may not be able to be washed in a dishwasher, but they are still generally safe to use. They may have a coating that makes them resistant to moisture and corrosion, or they may simply be made from thicker materials that are more durable. Suppose you need to store food in a container that will not be washed in a dishwasher. In that case, choosing a container made from a non-corroding material is important. Some examples of non-corroding materials include glass or stainless steel. If you need to store food in a container that will be washed in a dishwasher, it is best to choose a container that is made from plastic or silicone.

Glass Containers

Glass containers are one type of storage container that is becoming increasingly popular. Here are some reasons why glass containers are a good choice for storage:

They are lightweight and easy to move around.

They are shatterproof and unbreakable.

They can be recycled.

If you're looking for a storage container that is environmentally friendly and will last for years, glass is a great option.

Plastic Containers

Plastic containers are very popular for meal prep— they're lightweight, stack easily, and many are now micro- waivable and freezable. But as I mentioned, my go-to is glass. Plastic containers may leach harmful substances into the food stored in them. Plastic is not biodegradable, which means it isn’t possible for our earth to naturally absorb the material back into the soil; instead, plastic contaminates it. Unlike glass and metal, plastic absorbs odors and tastes like whatever you stored in it previously. If you have ever stored fish in a plastic container, I’m guessing it still smells like fish to this day. While it’s a fact that plastic is cheaper than other options, it’s also true that it will not last as long. If you choose to go with plastic containers, always look for an indicator that they are BPA-free.

Mason Jars

Mason (canning) jars are also great for storing food. Made of glass, Mason jars are inexpensive and perfect for storing salads and salad dressings. A combination of wide-mouth quart and pint jars and some smaller four-ounce jars for dressings will go a long way when preparing meals. I incorporate them a few times throughout the preps for quick storage.

Stainless Steel

Stainless steel food containers are ideal for storing and transporting food. They are durable, leakproof, and easy to clean. They come in various sizes and shapes, so you can find the perfect one for your needs. Here are some of the most common types of stainless-steel food containers:

Food storage container sets. These sets come with various-sized containers, so you can easily store your food in one place.

Glass storage jars. These jars are perfect for storing small amounts of food. They are also easy to clean and sterilize.

Plastic storage containers. These containers are perfect for storing large quantities of food. They are durable, and they don't corrode or rust over time.

Stainless steel pots and pans. Stainless steel pots and pans are ideal for cooking and baking foods. They are resistant to heat and won't damage your food or cookware.

Stainless steel bowls and plates. These bowls and plates are perfect for serving food to customers or guests. They are dishwasher safe, so you can easily clean them afterward.

3.2 Safe Reheating Guidelines

You can safely reheat your prepped meals by following simple guidelines in the microwave, in the oven, or on the stovetop.

Be Sure to Thaw Frozen Meals before Reheating

Thawed foods should be placed in a single layer on a paper towel-lined plate and microwaved on high for 2 minutes or until heated through. Frozen food will heat up quickly and could reach dangerous temperatures. Instead, defrost your food before heating it in the oven.

Three Minutes on High Usually Does the Trick

As a rule, microwaving refrigerated prepped meals for about 3 minutes on high should be sufficient for most of the recipes in this book. If possible, larger ingredients such as proteins should be removed from containers and reheated in the microwave first to ensure other foods don't become overcooked in the process. Also, ensure the food's surface is as smooth as possible to ensure even reheating.

Safely Reheating Meals in An Oven or On the Stovetop

Are you tired of cleaning up your microwave after using it to reheat food? There is a simple solution that you can use to help minimize the amount of mess that you make. Instead of using a dish, use a baking sheet. This will help to reduce the amount of grease and food particles that are created when microwaving food. Additionally, using a baking sheet will help to prevent the food from sticking to the bottom of the microwave oven. By following these simple guidelines, you can avoid cleaning your microwave often and create less of a mess in the process.

Reheat To the Same Temperature the Meal Was Prepared To

When reheating your meals, the meals should be reheated to the same temperatures they were originally cooked to, and for most recipes in this book, reheating your meals on the middle oven rack for 20 minutes in a pre-heated oven setto350°F(180°C) should be sufficient. Use a thermometer to check the meals every 5 minutes, after 10 minutes.

Use A Baking Sheet to Minimize the Mess

Whenever reheating a meal in the oven, place it on a baking tray lined with parchment paper. This will prevent any liquids that bubble over from the container from dripping onto the surface of your oven, which can create a mess.

Stick To the Stovetop for Certain Recipes

While a conventional oven or microwave oven will work for reheating most of the recipes in this book, some recipes that were originally prepared in a frying pan or in a pot, such as soups, are best reheated in a large frying pan or pot placed over medium heat on the stovetop.

COLOR IMAGES:

Precision is paramount in your culinary adventure. This book provides a vibrant, high-definition digital gallery of color photographs. For cost efficiency, these aren't in the printed version. They're available in a

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4

HOME MADE STAPLES

The Alkaline Diet need not be expensive. The recipes under this section will allow you to prepare basic ingredients such as Pizza Crust, Pasta Dough, Store-Bought Sauces, Nut Milks, Vegan Cheese, Nut Butters, and other similar recipes that you may use in your dishes. With these staples in your pantry, you would be able to whip up Alkaline Diet Ready Meals at the drop of a hat.

4.1 Sweet and Spicy Barbecue Marinade

Preparation Time: 5 minutes

Cooking Time: 35 minutes

Serves: 1 ½ cups

Ingredients:

Red Tomatoes, 16 halves

Agave Nectar, 2 tbsps.

Half a White Onion, Quartered

Dash of Sea Salt

Onion Powder, ½ Tablespoon

Cayenne Pepper, ½ Teaspoon

Ground Ginger, 1 Teaspoon

¼ Teaspoon Each of Habanero Pepper, Ground Allspice and Ground Cloves

Date Sugar, ¼ cup (see recipe later in this section)

Procedure:

In the jar of a food processor, add all the ingredients for the sauce except the date sugar.

Process the ingredients until a smooth puree is formed.

In a saucepan, mix the date sugar with the pureed ingredients and heat until the mixture boils. Let simmer for 20-25 minutes until the sauce thickens.

Remove from the heat and allow to cool before you use. Use immediately and store any extras in the refrigerator

Nutritional Values: Calories: 410, Fat: 0.6g, Carb: 93g, Fiber: 13.5g, Sugar: 58.8g, Protein: 9.8g, Cholesterol: 0mg, Sodium: 636 mg

4.2 Vegan Nut Cheese

Preparation Time: 5 minutes+ 24 hours to soak

Cooking Time: 10 minutes

Serves: 1 cup

Ingredients:

1 cup of raw or lightly toasted Brazil Nuts

Juice from a Lime

Salt, ½ tablespoon

3 cups of any Alkaline Milk such as Hemp (see food list)

Olive Oil or Other Alkaline Oil, 1 tablespoon

3 cups of Spring water, portioned into half cups.

Procedure:

Leave the Brazil Nuts to soak overnight in cold water.

In the jar of a food processor, puree the soaked Brazil Nuts and the other ingredients except for the water.

Add the water a half cup at a time, and blend for three minutes or until the puree becomes smooth. Add water until the cheese reaches your desired consistency. Use as you would cheese.

Nutritional Values: Calories: 488, Fat: 44.2g, Carb: 15.2g, Protein: 10.2g, Fiber: 3.1g, Sugar: 6.7g, Cholesterol: 0mg, Sodium: 259 mg

4.3 Home-Made Coconut Milk

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Serves: 6 cups

Ingredients:

Dried, Shredded Coconut (not Desiccated), 3 ½ cups

Spring Water or available water, 6 cups

Procedure:

Bring the Spring Water to a boil in a saucepan.

Once boiled, let cool slightly before you blend it in a food processor with the dried coconut. Blend for three minutes or until a smooth puree is formed.

Let cool before you ladle the puree into a bag for nut milk or a piece of cheesecloth layered over a bowl.

Carefully twist the bag until the liquid comes out. Continue until no more milk is produced. You may save the pulp for other culinary purposes.

Chill the coconut milk and store in an airtight container. Use fresh when possible.

Nutritional Values: Calories: 991, Fat: 93.5g, Carb: 42.6g, Protein: 9.5g, Fiber: 25.2g, Sugar: 17.4g, Cholesterol: 0mg, Sodium: 99mg

4.4 Alkaline Hummus

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves: 2 cups

Ingredients:

Chickpeas, cooked – 3 cups

Spring Water – ½ cup

Lime Juice – 1 tablespoon

Tahini (see recipe) – 8 tablespoons

Olive Oil – 1 tablespoon

Cold Spring Water – 2 tablespoons

Onion Powder – 1 tablespoon

Cumin, Ground – ½ teaspoon

Sea Salt – 1 teaspoon

Procedure:

Add the cooked chickpeas, lime juice, tahini and the two tablespoons of the cold spring water into the jar of a food processor and blend until chunky.

Into the chunky mixture add the other ingredients and blend until it reaches a smooth consistency.

You may add other spices and herbs from the Approved Foods List to change or alter the flavor into the way you would like it.

Nutritional Values: Calories: 2347, Fat: 51g, Carb: 373.7g, Protein: 117g, Fiber: 105.1g, Sugar: 67.4g, Cholesterol: 0mg, Sodium: 626mg

4.5 Primeval Grain Loaf

Serves: 4 | Preparation Time: 30 min

Cooking Time: 65 min plus 20 min to cool

Ingredients:

Hemp Milk or other Alkaline Milk, 2 cups

Spelt Grain Flour, 1 cup

Rye Flour, 1 cup

Sea Moss, 2 tablespoons

Agave Nectar, 2 tablespoons

Grape Seed Oil, 1 Tablespoon

Spelt Flour, 1 Tablespoon

Sea Salt, 1 Teaspoon

Procedure:

First, preheat your oven to 350 degrees Fahrenheit. Prepare your loaf pans.

Take a loaf and brush it with the grape seed oil and sprinkle with a tablespoon of the Spelt Grain Flour.

In a bowl, add your dry ingredients and mix. You may use a hand mixer with a dough hook attachment or a wooden spoon for this.

Gradually add the sea moss and hemp milk while you mix the dough at a low speed.

Once the milk has been fully integrated into the dough, switch off the mixer and add the agave syrup. Once added, mix for another five minutes at a medium speed.

Place the dough into the loaf pan and carefully smoothen it out. Bake for 65 minutes or until a skewer inserted into the center of the loaf comes out clean.

Allow to cool for twenty minutes before you remove from the pan. Serve with your chosen spread.

Nutritional Values: Calories: 894, Fat: 25.5g, Carb: 147.8g, Protein: 28.8g, Fiber: 36.7g, Sugar: 22.5g, Cholesterol: 0mg, Sodium: 578mg

4.6 Home Style Tahini

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Serves: ½ cup

Ingredients:

Grape Seed Oil, 3 tablespoons

Hulled Sesame Seeds, 1 cup

Sea Salt, 1-2 teaspoons

Procedure:

In a pan, carefully toast the sesame seeds for four minutes or until fragrant. Let cool before you add them to the jar of a food processor. Blend for a minute.

Slowly add the grape seed oil and allow to blend for two to three minutes until it is a smooth paste. Season with salt according to your taste.

You may store the tahini in your refrigerator if you do not intend to use it immediately.

Nutritional Values: Calories: 1056, Fat: 96.1g, Carb: 37.5g, Protein: 24.4g, Fiber: 24.3g, Sugar: 0.7g, Cholesterol: 0mg, Sodium: 524mg

4.7 Nutty Basil Pesto

Preparation Time: 8 minutes

Cooking Time: 0 minutes | Serves: 2 cups

Ingredients:

Packed Fresh Basil Leaves, 4 cups

Olive Oil, 1/3 cup plus 2 tablespoons

Raw, Shelled Walnuts, ½ cup

Lime Juice, 1 teaspoon

Sea Salt, 1 teaspoon

Procedure:

Add all the ingredients except two tablespoons of olive oil into the jar of a food processor and blend. Take care not to over process or the mixture will separate. To store, place the pesto into an airtight container and add the two tablespoons olive oil to cover. Cover and keep refrigerated.

Nutritional Values: Calories: 966, Fat: 104.1g, Carb: 7.3g, Protein: 15.3g, Fiber: 4.4g, Sugar: 0.9g, Cholesterol: 0mg, Sodium: 470mg

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4.8 Toasted Walnut Butter

Preparation Time: 10 minutes

Cooking Time: 20 minutes | Serves: 3 cups.

Ingredients:

Raw Walnuts, 3 cups

Sea Salt, ½-1 teaspoon

Procedure:

Preheat your oven to 347 degrees Fahrenheit. While it preheats, arrange your walnuts in a single layer on a cookie sheet. Roast in the oven until toasted. Make sure that the walnuts do not blacken. This will take about 10 minutes or less so watch carefully.

Let cool before you add these into the jar of a food processor together with the salt. Pulse in two-minute intervals. Scrape the sides of the jar to ensure that all the walnuts are blended. This will take 15 minutes at the most.

Store in an airtight container for a month. You may freeze this if you wish.

Nutritional Values: Calories: 630, Fat: 60g, Carb: 9g, Protein: 15g, Fiber: 9g, Sugar: 0g, Cholesterol: 0mg, Sodium: 468mg

4.9 Home-Style Date Sugar

Preparation Time: 10 minutes

Cooking Time: 15 minutes | Serves: 1 ½ cups

Ingredients:

Dates, 1 cup

Procedure:

Preheat an oven to 400 degrees Fahrenheit and line a baking pan or baking sheet with grease-proof paper.

Halve and deseed the dates and arrange these on the parchment-paper lined baking pan/sheet.

Bake for 12-15 minutes or longer if the dates are quite large. Expect more than the usual amount of caramelization. Let cool for several minutes, the Dates should be of a harder consistency. If they are still soft, let it bake some more for 3-5 minutes.

Process the hardened dates in a blender or food processor for at least 20 seconds or until pulverized. Use as you would sugar.

Nutritional Values: Calories: 502, Fat: 0.7g, Carb: 133.6g, Protein: 4.4g, Fiber: 14.2g, Sugar: 112.8g, Cholesterol: 0mg, Sodium: 4mg

4.10 Alkaline Grain Pasta Dough

Preparation Time: 35 min + 20 h to rest

Cooking Time: 2 minutes | Serves: 4 portions

Ingredients:

Spring Water, ¾ cup

Spelt-Grain Flour, 3 cups plus 2 tbsp.

Olive Oil, 2 tablespoons

Procedure:

In a bowl, you may mix the olive oil and the water and set aside.

On a smooth surface, pour the flour until it forms a mound. In the middle of the mound, create a well with the use of a spoon or your fingers. Slowly add the water into the well and gradually mix it into the flour. Add the water slowly as you go along and incorporate the flour until the water is fully absorbed by the flour and the dough has come together.

Knead with your palms for approximately five minutes. You may pat the dough into a ball or a flat disc at this stage. Wrap in cling wrap or cover and allow your pasta dough to rest for 30 minutes or up to 12 hours maximum.

To use: Remove from the cling wrap and quarter the dough. Dust a work surface with two tablespoons of the Spelt Flour and roll out the dough quarter with a rolling pin, or you may use a pasta machine if you have one.

To cut: Loosely fold the dough over itself and slice it evenly to make long strips. Dust the pasta with more Spelt Flour and set aside so it does not clump. Repeat the process. You may store it in the refrigerator or cook it.

To cook: Boil in water seasoned with a lot of salt for at least two minutes or until al dente.

Nutritional Values: Calories: 600, Fat: 31g, Carb: 66g, Protein: 12g, Fiber: 12g, Sugar: 0g, Cholesterol: 0mg, Sodium: 8mg

4.11 Home-Style Date Syrup

Preparation Time: 15 minutes

Cooking Time: 5 minutes | Serves: 2-2 ½ cups.

Ingredients:

Dates, 1 cup

Spring Water, 1 cup

Procedure:

Heat water in a small saucepan until it boils. Remove from the heat.

Soak the dates in the warm water for 15 minutes.

Add the water and the dates into the blender jar and blend into a smooth consistency. If it is too thick, add ¼ cup Spring Water and blend until it reaches the desired consistency.

Store in an airtight jar with a lid in a refrigerator. Use when you can.

Nutritional Values: Calories: 502, Fat: 0.7g, Carb: 133.6g, Protein: 4.4g, Fiber: 14.2g, Sugar: 112.8g, Cholesterol: 0mg, Sodium: 11mg

4.12 Aquafaba

Preparation Time: 30-40 minutes.

Cooking Time: 1 h, 30 min | Serves: 2-4 cups

Ingredients:

Garbanzo Beans, 1 bag

Spring Water, 6 cups plus more for soaking

Sea Salt, 1 teaspoon

Procedure:

Add all the ingredients into a large pot and bring to a boil. Once it boils, remove from the heat, and allow the beans to soak for 30-40 minutes.

Strain the beans and return to the pot with 6 cups of Spring Water and bring to a boil. Let boil for an hour and a half on medium hear.

Strain the beans once more but save the water as this is the Aquafaba. Store the water in an airtight glass jar in the refrigerator. Once it cools, expect the water to thicken in consistency. If it is too runny, boil for another 10-20 minutes. This serves as an excellent substitute for egg whites in desserts.

Nutritional Values: Calories: 270, Fat: 4.5g, Carb: 45g, Protein: 15g, Fiber: 13.5g, Sugar: 7.5g, Cholesterol: 0mg, Sodium: 270mg

4.13 Home Pressed Hemp Milk

Preparation Time: 2 minutes.

Cooking Time: 0 minutes | Serves: 2 cups

Ingredients:

Spring Water, 2 cups

Agave Syrup, 2 tablespoons

Hemp Seeds, 2 tablespoons

Sea Salt, 1/8 teaspoon

Fruits from the Approved Food List (Optional)

Procedure:

Add the first four ingredients into a blender jar, and blend for two minutes.

At this point, if you want to add fruits from the approved foods list, you may do so. If you do this step, blend for 30-50 seconds until smooth.

Store the milk in an airtight glass jar with a lid in the refrigerator and keep cold. Without the fruits, the milk lasts for at least 5 days. If the fruit is added, you must use this within the day.

Nutritional Values: Calories: 154, Fat: 6g, Carb: 19.8g, Protein: 5g, Fiber: 2g, Sugar: 0g, Cholesterol: 0mg, Sodium: 53mg

4.14 Home Pressed Walnut Milk

Preparation Time: 8 hours or overnight

Cooking Time: 5 minutes | Serves: 4 cups

Ingredients:

Raw Walnuts, 1 cup

Spring Water, 3 cups plus more to soak

Sea Salt, 1/8 teaspoon

Procedure:

Add the walnuts into a medium bowl and cover with 3 inches of water. Allow the walnuts to soak for at least 8 hours or overnight.

Drain the walnuts and rinse with cold water. Add these with the other ingredients into a blender jar and blend until smooth. Strain to obtain a smoother consistency.

Nutritional Values: Calories: 193, Fat: 18.4g, Carb: 3.1g, Protein: 7.5g, Fiber: 2.1g, Sugar: 0.3g, Cholesterol: 0mg, Sodium: 22mg

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4.15 Spelt-Grain Tortillas

Preparation Time: 20 min

Cooking Time: 30-60 s per side | Serves: 8 |

Ingredients:

Spelt Flour, 2 cups

Spring Water, ½ cup

Sea Salt, 1 teaspoon

Procedure:

In the jar of a food processor, add the spelt flour and sea salt and mix for 15 seconds. Slowly add Grape Seed Oil until well mixed. Slowly add Spring Water until a soft dough is formed.

Prepare a smooth work surface on which to knead the dough. Cover with a piece of grease-proof paper and sprinkle with spelt flour.

Knead the dough until ball shaped. Divide into 8 ball-shaped portions. Roll out each portion into a thin circle or use a tortilla press if you have one.

Heat a non-stick pan on high heat. Once hot, add the dough into the pan, one at a time.

Cook on medium high heat for 30-60 seconds each side and stack on a plate to serve.

Nutritional Values: Calories: 30, Fat: 0.3g, Carb: 5.5g, Protein: 1g, Fiber: 1g, Sugar: 0 g, Cholesterol: 0mg, Sodium: 59mg

4.16 Alkaline Pizza Crust

Serves: 6 | Preparation Time: 10 minutes

Cooking Time: 3 minutes

Ingredients:

Spelt Flour, 1 ½ cups

Spring Water, 1 cup

Onion Powder, 1 teaspoon

Oregano, Ground or Dried, 1 teaspoon

Sea Salt, 1 teaspoon

Sesame Seeds, 2 teaspoons

Agave Syrup, 2 teaspoons

Grape Seed Oil, 2 teaspoons

Procedure:

Preheat an oven to 400 degrees Fahrenheit and grease a baking sheet with the Grape Seed Oil.

In a medium-sized bowl, add the dry ingredients and gradually add half a cup of the Spring Water. Add more flour and water to form a ball of dough.

Portion the dough into six balls and flatten on the greased baking sheet. With a fork, prick the dough to ensure it does not puff up so you can place your toppings on it.

While the crust pre-bakes, prepare the toppings you need and layer once the crust is sufficiently baked but not golden. Once layered with your pizza toppings, bake for another 20 minutes or until golden.

Nutritional Values: Calories: 60, Fat: 2.2g, Carb: 8.8g, Protein: 1.2g, Fiber: 1.2g, Sugar: 2.8g, Cholesterol: 0mg, Sodium: 80mg

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5

ALKALINE-BASED SAUCES

This chapter teaches you to make the alkaline versions of your favorite sauces. It does not mean that once you have shifted your diet to an alkaline version, you must be rid of your favorite sauces and dips. You can easily have your favorite sauces with an alkaline twist in this chapter.

5.1 Alkaline Hot Sauce

Serves: ¼ cup | Preparation Time: 10 mins

Cooking Time: 5 min

Ingredients:

Habanero Peppers, 3 pieces, remove the seeds if you want these to be less spicy.

Spring Water, 1/3 cup

Red Peppers, ¼ cup

White Onions, ¼ cup diced

Lime Juice, 2 tablespoons

Grape Seed Oil, 1 tablespoon

Onion Powder, 1 tablespoon

Sea Salt, ½ teaspoon

Procedure:

Heat Grape Seed Oil in a saucepan over medium heat. Once heated, sauté the Habanero and Red Peppers, Onions, and season with the sea salt.

Remove the stems from the Habaneros and add the remainder of the ingredients into a blender jar. Exercise caution if the ingredients are still too hot, otherwise, allow to cool slightly before you add the ingredients into the jar.

Blend until the seeds have been removed, and the sauce is of a smooth consistency. You may strain the sauce if you wish for a more consistent product.

Use immediately or let cool and store in an airtight container in the refrigerator.

Nutritional Values: Calories: 226, Fat: 13.7g, Carb: 24.4g, Protein: 2.3g, Fiber: 5.9g, Sugar: 11.9g, Cholesterol: 0mg, Sodium: 1093mg

5.2 Hemp Seed Alkaline Mayonnaise

Serves: 1 ½ cups | Preparation Time: 5 minutes

Ingredients:

Hemp Seeds, 1 cup

Spring Water, ¾ cup

Onion Powder, 1 tablespoon

Grape Seed Oil, 2 tablespoons

Lime Juice, 1 teaspoon

Sea Salt, ½ teaspoon

Procedure:

Into the receptacle of a hand blender, add all the ingredients and blend until a smooth consistency is reached. If the mixture is thick, thin it with a small amount of Spring Water until it reaches your desired consistency. If too runny, add more Hemp Seeds.

Store in an airtight jar in the refrigerator and use as you would regular mayonnaise.

Nutritional Values: Calories: 876, Fat: 76.2g, Carb: 25.1g, Protein: 25.7g, Fiber: 2.9g, Sugar: 5.5g, Cholesterol: 0mg, Sodium: 267mg

5.3 Alkaline Marinara Sauce

Preparation Time: 5 minutes

Cooking Time: 10 minutes | Serves: 1-1 ½ cups

Ingredients:

Red Tomatoes, 5 pieces

Agave Syrup, 2 tablespoons

Grape Seed Oil, 2 tablespoons

Onions, 2 tablespoons chopped

Dried Oregano Leaves, 1 teaspoon

Onion Powder, 1 teaspoon

Sea Salt, 1 teaspoon

Dried Basil Leaves, 1/8 teaspoon or a pinch

Procedure:

Boil Spring Water in a small pot. Once boiled, take off the heat. Prepare a bowl of ice water and keep cold.

While the water is set to boil, cut a cross at the base of every tomato. Use a spider to immerse them in the hot water for a minute and take out immediately. Shock them in the ice water bath for 30 seconds to stop the cooking process. This allows you to peel the skin easily.

Add all the ingredients into the jar of a blender or food processor and blend or pulse for 30-40 seconds or until a smooth consistency has been attained.

Nutritional Values: Calories: 524, Fat: 28.3g, Carb: 61.6g, Protein: 8.8g, Fiber: 9.8g, Sugar: 41.8g, Cholesterol: 0mg, Sodium: 631mg

5.4 Spiced Citrus Sauce

Cooking Time: 15 minutes

Rest Time: 15 minutes | Serves: ½ cup

Ingredients:

Fresh Squeezed Orange Juice, 1 cup

Agave Syrup, 2 tablespoons, use more for a sweeter product.

Freshly Minced Ginger, 1 tablespoon

Red Bell Peppers, 1 tablespoon, chopped

Red Onions, 1 tablespoon, minced

Crushed Red Pepper Flakes, ½ teaspoon, use less for a less spicy product.

Procedure:

Add all the ingredients into a small saucepan and whisk together over a medium heat.

Bring the mixture to a boil over high heat and lower the heat to let it simmer for 12-15 minutes. Whisk every 2-3 minutes to prevent lumps in the sauce.

Pour into a serving bowl and allow to cool so it can thicken. Serve or store in an airtight container in the refrigerator.

Nutritional Values: Calories: 315, Fat: 7.7g, Carb: 59.7g, Protein: 3.2g, Fiber: 1.5g, Sugar: 52.3g, Cholesterol: 0mg, Sodium: 383mg

5.5 Guilt –Free Vegan Cheese Sauce

Preparation Time: 3-4 h or 24 h to soak the nuts

Cooking Time: 5 minutes | Serves: 6 cups

Ingredients:

Raw Brazil Nuts, 2 cups

Hemp Seed Milk (see recipe in previous section), 1 ½ cups

Spring Water, 1 ½ cups

Grape Seed Oil, 2 tablespoons

Sea Salt, 2 teaspoons

Onion Powder, 1 teaspoon

Cayenne Pepper, ½ teaspoon

Lime Juice

Procedure:

Prepare the Brazil Nuts. Soak them for 3 to 4 hours at the least, or overnight. After you have soaked them, drain the water, and thoroughly rinse the nuts.

In the jar of a blender or food processor, add all the ingredients save the ½ cup of a Spring Water. Blend for 2-3 minutes.

Add the ½ cup Spring Water and blend some more. Add more Spring Water, if need be, until the puree reaches a creamy consistency.

Cool the sauce before you use or store.

Nutritional Values: Calories: 2263, Fat: 224.7g, Carb: 50.8g, Protein: 48.1g, Fiber: 23g, Sugar: 17.2g, Cholesterol: 0mg, Sodium: 1100mg

5.6 Alkaline Garlic Oil

Preparation Time: 10 minutes plus an hour to chill | Serves: 1 cup

Ingredients:

Onion Powder, 1 tablespoon

Ginger, ½ teaspoon freshly grated

Dill, Dried, ¼ teaspoon

Sea Salt, ½ teaspoon

Shallots, ¼ cup finely diced

Grape Seed Oil, 1 cup

Procedure:

Into a clean or sterilized glass jar with a tightly fitted lid, add all the ingredients, and shake until it reaches a smooth consistency.

Allow to chill in the refrigerator for an hour before you use it.

Nutritional Values: Calories: 1976, Fat: 224.2g, Carb: 13.1g, Protein: 1.8g, Fiber: 0.5g, Sugar: 2.5g, Cholesterol: 0mg, Sodium: 243mg

5.7 Spiced Marinara Sauce

Preparation Time: 5 minutes

Cooking Time: 2 hours, 5 min | Serves: 6 cups

Ingredients:

Red Tomatoes, 20 pieces

Red Onion, 2 tablespoons, chopped

White Onion, 2 tablespoons, chopped

Green Bell Pepper. 2 tablespoons, chopped

Agave Syrup. 2 tablespoons

Oregano, 2 tablespoons (fresh or dried leaves)

Basil, 2 tablespoons (fresh or dried leaves)

Sea Salt, 2 tablespoons

Grape Seed Oil, 2 tablespoons

Cayenne Powder, 1 teaspoon

Bay Leaves, 2 pieces

Procedure:

Heat water in a small pot until it boils, then remove from the heat. Prepare a bowl full of ice water.

While the water heats up, cut a cross into the base of each tomato. With a spider, immerse the tomatoes into the hot water for a minute by batches. After each batch has been immersed in the water, immediately lower these into the ice water for 30 seconds to stop the cooking process. This allows you to peel the tomatoes easily.

Add the other ingredients except the bay leaves, onions, and peppers, into the jar of a blender or food processor and blend until it reaches a smooth texture, about 30-40 seconds.

Add the puree into a small pot and add the bay leaves. Allow this to simmer for two hours on low heat.

Heat Grape Seed Oil in a pan and sauté the Onions and Peppers for five minutes or until softened. Add these to the sauce

Remove the bay leaves from the sauce and serve.

Nutritional Values: Calories: 840, Fat: 28.9g, Carb: 124.7g, Protein: 21.5g, Fiber: 23.7g, Sugar: 78.3g, Cholesterol: 0mg, Sodium: 3211mg

5.8 Alkaline Salsa Verde

Preparation Time: 5 minutes

Cooking Time: 20 minutes | Serves: 2 cups

Ingredients:

Tomatillos, 1 pound

Onions, ½ cup chopped

Cilantro, ¼ cup chopped

Oregano Leaves, 1 teaspoon

Onion Powder, 1 teaspoon

Sea Salt, 1 teaspoon

Procedure:

Remove the outer skin of the tomatillos to expose the fruit. Rinse the fruit and halve. Set aside.

In a medium saucepan, add all the ingredients except for the Cilantro. Add enough water to cover the Tomatillos.

Bring the mixture to a boil. Lowe the heat to medium and allow to cook for 15-20 minutes. Stir occasionally to prevent sticking at the bottom of the saucepan.

Strain the ingredients and let cool slightly before you add them into the blender jar. Add the Cilantro. Blend for 30-40 seconds until smooth. Serve or store immediately in an airtight container.

Nutritional Values: Calories: 195, Fat: 5g, Carb: 37.8g, Protein: 5.7g, Fiber: 10.9g, Sugar: 4.3g, Cholesterol: 0mg, Sodium: 478mg

5.9 Alkaline White Queso

Preparation Time: 3 hours or overnight

Cooking Time: 10 minutes | Serves: 2 cups

Ingredients:

Brazil Nuts, 1 cup soaked overnight or at least 3 hours

Onions, ¼ cup chopped

Bell Peppers, ¼ cup chopped

Spring Water, ¼ cup

Home-Made Hempseed Milk, ½ cup plus 2 tablespoons (see recipe in previous section)

Sea Moss Gel, 1 tablespoon (optional, this is only used as a thickener)

Sea Salt, ½ teaspoon

Onion Powder, 1 teaspoon

Grape Seed Oil, 1 teaspoon

Cayenne Pepper, ¼ teaspoon (add more if you want a spicier sauce)

Procedure:

Into a blender jar, add the soaked Brazil Nuts, Spring Water, Sea Moss Gel (if you have it), and the Salt, Onion Powder, and Cayenne Pepper. Blend until it reaches a smooth consistency.

In a small saucepan, heat the Grape Seed Oil and sauté the Onions and Peppers on medium heat for 2 minutes or until softened.

Pour the contents of the Blender Jar into the Saucepan. If too thick, add Spring Water to thin the mixture. Cook on low heat for 2-3 minutes.

Nutritional Values: Calories: 195, Fat: 5g, Carb: 37.8g, Protein: 5.7g, Fiber: 10.9g, Sugar: 4.3g, Cholesterol: 0mg, Sodium: 478mg

5.10 Plum Tomato Barbecue Sauce

Serves: 1 cup | Preparation Time: 10 minutes

Cooking Time: 40 minutes

Ingredients:

Red Tomatoes, 6 pieces, quartered

White Onions, ¼ cup, chopped

Date Sugar, ¼ cup

Sea Salt, 2 teaspoons

Agave Syrup, 2 tablespoons

Cayenne Pepper, ¼ teaspoon

Onion Powder, 2 teaspoons

Ginger, ½ teaspoon, ground

Cloves, 1/8 teaspoon

Procedure:

Prepare a blender jar and add all the ingredients except for the date sugar. Blend on a low setting until well combined and it reaches a smooth consistency.

Pour the mixture into a saucepan and add the Date Sugar. Heat over a medium flame and stir occasionally to prevent sticking at the bottom of the pan. Allow the mixture to boil.

Once it boils, reduce the heat, and allow the sauce to simmer. Cover with a lid and simmer for 15 minutes. Take care to stir occasionally.

Take off the heat and use an immersion blender to puree the sauce. Alternatively, you may place this in a blender jar. If you are using a blender, allow the sauce to cool before you add it into the jar. Blend until smooth and return the sauce to the saucepan. If you used an immersion blender, do not transfer the sauce anywhere else. Just blend until smooth.

Allow the sauce to cook some more on a low flame for 10 minutes and allow to cool before you use it. Use with your grilled vegetables.

Nutritional Values: Calories: 410, Fat: 0.3g, Carb: 100.7g, Protein: 7.1g, Fiber: 9.5g, Sugar: 81.5g, Cholesterol: 0mg, Sodium: 1001mg

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6

SOUPS

This chapter would provide you with the Alkaline Soups that you would need to carry you through those cold weather days, or if you simply want a substantial no-fuss, no-muss meal that can be made in advanced and reheated. The soups will also make a great pick-me-up if you happen to feel ill and need a warm meal to tide you over and warm you up from the inside. Feel free to make these ahead of time and store. Be sure to consume these as soon as you can though as these can be quite perishable and are best consumed while freshly made.

6.1 Vegetable Noodle Soup

Preparation Time: 30 minutes

Cooking Time: 1 hour, 20 minutes

Serves: 12 portions

Ingredients:

Spring Water, 1 gallon

Garbanzo Beans, 4 cups cooked

Mushrooms (any kind except Shiitake), 4 cups chopped

Alkaline Grain Pasta Dough, 2-4 cups (see recipe in Chapter 6)

Quinoa, 1 cup (optional)

Bell Peppers, 2 cups, chopped

Butternut Squash, 2 cups, chopped

Zucchini, 1 whole, chopped

Yellow Squash, 1 whole, chopped

Red Tomatoes, 3 pieces, diced

Red Onion, 1 whole, chopped

Sea Salt, 2 tablespoons

Grape Seed Oil, 2 tablespoons

Basil Leaves, 2 teaspoons

Oregano Leaves, 2 teaspoons

Dill Leaves, 1 teaspoon

Cayenne Powder, 1-2 teaspoons (adjust according to how spicy you want the soup to be)

Procedure:

Heat the Spring Water in a large stock pot over high heat.

Prepare your mise en place, dice and chop your vegetables for the soup in accordance with the instructions given for each.

Add all the ingredients except the Pasta into the pot and allow to boil. Reduce the heat to low and allow to simmer for an hour. Stir every 12 to 15 minutes to ensure that the vegetables do not stick to the bottom of the pot.

Five minutes before the soup finishes cooking, add the Pasta. Serve with Tortillas or a Loaf of Bread (both recipes in Chapter 6 of this book).

Nutritional Values: Calories: 4188, Fat: 89.8g, Carb: 687g, Protein: 200.4g, Fiber: 173.4g, Sugar: 124g, Cholesterol: 0mg, Sodium: 3199mg

6.2 Chunky Soursop Soup

Preparation Time: 15 minutes

Cooking Time: 1 hour, 20 min | Serves: 6-8 cups

Ingredients:

Soursop Leaves, 4-6 pieces. Choose those that are young and fresh looking.

Spring Water, 12-16 cups (1 gallon)

Kale, 2 cups, chopped

Chayote, 1 whole, diced

Quinoa, 1 cup

Bell Peppers, 2 cups, chopped

Onions, 1 cup, chopped

Zucchini, 1 cup, diced

Summer Squash, 1 cup, diced

Onion Powder, 3 tablespoons

Oregano Leaves, 1 tablespoon

Basil Leaves, 1 tablespoon

Ginger, 1 tablespoon minced

Sea Salt, 4 teaspoons

Cayenne Pepper, ¼ teaspoon (You may omit this if you do not like spice in your soup)

Procedure:

Rinse the Soursop leaves and add them into a large stockpot or pot. Cover with 4 cups of Spring Water.

Boil the leaves for 15-20 minutes and take them out of the broth.

Prepare your vegetables according to the instructions provided. Add these and the other ingredients into the pot. Add 8 cups of the Spring Water.

Allow the mixture to boil. Once it boils, lower the heat to medium and simmer for 30-40 minutes. Stir every 12-15 minutes to prevent the vegetables from sticking to the bottom of the pot.

Serve with Tortillas (see Chapter 6 of this book for the recipe).

Nutritional Values: Calories: 1413, Fat: 14.8g, Carb: 298.5g, Protein: 45.5g, Fiber: 50.1g, Sugar: 119g, Cholesterol: 0mg, Sodium: 2184mg

6.3 Spring Mushroom Soup

Serves: 4-6 cups | Preparation Time: 30 min

Cooking Time: 3 hours, 20 min in a slow cooker

Ingredients:

Portobello Mushrooms, 3 cups, chopped

Garbanzo Beans, 1 cup, cooked

Aquafaba, 2 cups (see recipe in Chapter 6)

Spring Water, 2 cups

Kale, 1 cup, chopped

Red Tomatoes, 2 pieces, diced

White Onions, 1 cup, diced

Bell Peppers, 1 cup, diced

Butternut Squash, ½ cup, diced

Red Onions, ½ cup, chopped

Grape Seed Oil, 2 tablespoons

Sea Salt, 2 teaspoons

Onion Powder, 2 teaspoons

Basil, 1 teaspoon

Sage, 1 teaspoon

Savory, 1 teaspoon

Oregano Leaves, 1 teaspoon

Ginger, ½ teaspoon, ground

Thyme Leaves, ½ teaspoon

Cayenne Pepper, ¼ teaspoon

Procedure:

Prepare all the ingredients according to the above instructions. Add them into a slow cooker and mix thoroughly.

Cook on high for 3 hours. Stir occasionally to prevent sticking at the bottom and sides of the pot.

If not using a slow cooker, add all the ingredients into a large pot and mix well. Bring the mixture to a boil and reduce it to a low heat to let simmer for an hour. Stir occasionally to prevent sticking to the bottom of a pot.

Serve with Tortillas or Bread (recipes in Chapter 6 of the book).

Nutritional Values: Calories: 1306, Fat: 41.5g, Carb: 186g, Protein: 57.2g, Fiber: 45.6g, Sugar: 44.4g, Cholesterol: 0mg, Sodium: 1057mg

6.4 Spiced Tomato and Bean Soup

Preparation Time: 10 min

Cooking Time: 1 h, 20 min | Serves: 6-8 cups

Ingredients:

Garbanzo Beans, 3 cups, cooked

Tomatillo, 1 piece, chopped

Red Tomatoes, 10 pieces, chopped

Bell Peppers, 1 cup, chopped

Onions, ½ cup, minced

Spring Water, 1 cup

Onion Powder, 2 teaspoons

Sea Salt, 2 teaspoons

Basil Leaves, 1 teaspoon

Cayenne Pepper, 1 teaspoon

Oregano Leaves, 1 teaspoon

Achiote, ½ teaspoon

Grape Seed Oil, 1 teaspoon

Alkaline Sausage Links (see recipe in book)

Procedure:

Heat the Grape Seed Oil in a large pot, and sauté the Tomatillo, Onions, and Bell Peppers for 4-5 minutes or until softened.

Add the Tomatoes, Herbs and Spices, Cooked Garbanzo Beans, and the Spring Water into the pot. Stir to combine thoroughly and bring to a boil.

Once it boils, reduce heat to low and allow to simmer for an hour. Stir occasionally to prevent sticking at the bottom of the pan.

Slice the Sausage Links and use them to garnish the soup. Serve.

Nutritional Values: Calories: 2375, Fat: 41.3g, Carb: 400.1g, Protein: 121.2g, Fiber: 112.3g, Sugar: 82g, Cholesterol: 0mg, Sodium: 1254mg

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6.5 Spring Clean Gazpacho

Serves: 2 | Preparation Time: 15 min

Chill Time: 10 minutes

Ingredients:

Cucumber, 1 whole, peeled and seeds removed, cubed

Avocado, 1 whole, ripe, cubed

Key Lime Juice from 1 fruit

Basil Leaves, 1 handful

Sea Salt, 1 ¼ teaspoons

Spring Water, 2 cups

Procedure:

Keep all the ingredients except for the sea salt in a refrigerator until cold.

Prepare the Cucumber according to the instructions.

Add all the ingredients into a blender jar and puree them. Expect to see specks of green throughout the puree.

Pour the mixture into a pot and seal with a lid. You may alternatively store this in another container with a lid and place in the refrigerator to chill for 10 minutes.

Garnish with shredded Basil Leaves and thin slices of Cucumber before you serve.

Nutritional Values: Calories: 326, Fat: 29.5g, Carb: 16.5g, Protein: 4g, Fiber: 11.3g, Sugar: 3g, Cholesterol: 0mg, Sodium: 966mg

6.6 Zucchini Noodle Soup

Serves: 2 | Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

Onion, 1/2 peeled and diced

Green Bell Pepper, ½ chopped

Zucchini, ½ grated

Mushrooms, 4 ounces, chopped

Red Tomatoes, ½ cup

Spring Water, 2 cups

Basil Leaves, ¼ cup

Home Made Pasta (see recipe in Chapter 6)

Sea Salt, ¼ teaspoon

Key Lime Juice from half a lime

Grape Seed Oil, 1 tablespoon

Cayenne Pepper, 1/8 teaspoon

Procedure:

In a medium sized pot, heat the grape seed oil over medium heat and sauté the onion for 3 minutes or until softened.

Add the Red Tomatoes, peppers and mushrooms and stir in to mix well. Cook for 3 more minutes or until softened.

Add the grated zucchini and season this with the salt and Cayenne Pepper. Add the Spring Water and bring the soup to a boil.

Reduce the heat to low and add the pasta. Let cook for 5 minutes or until the pasta is al dente. Ladle the soup into bowls and garnish with the basil leaves and sprinkle with lime juice. Serve.

Nutritional Values: Calories: 258, Fat: 15.3g, Carb: 30.1g, Protein: 7.9g, Fiber: 7.5g, Sugar: 16.7g, Cholesterol: 0mg, Sodium: 514mg

6.7 Fruits of the Earth Soup

Serves: 2 cups | Preparation Time: 5 minutes

Cooking Time: 10 minutes

Ingredients:

Chickpeas, 1 ½ cups, cooked

Zucchinis, 2 pieces, spiralized

Oyster Mushrooms, 4 pieces, diced with stems removed

White Onion, ¼ piece, peeled and chopped

Red Bell Pepper, ¼ piece, seeded and chopped

Grape Seed Oil, 1 tablespoon

Sea Salt, ½ teaspoon

Cayenne Pepper, ¼ teaspoon

Dried Oregano Leaves, 1 teaspoon

Dried Basil Leaves, 1 teaspoon

Vegetable Broth, 2 ½ cups

Procedure:

Heat the Grape Seed Oil in a medium pot on medium high heat. Once hot, add the Red Bell Peppers, Onions, and Mushrooms. Season with the Sea Salt and Cayenne Pepper. Cook for 5 minutes or until softened.

Reduce the heat to medium low and add the other ingredients except for the spiralized zucchini noodles. Stir to combine thoroughly and allow to simmer for 15-20 minutes.

Add the zucchini noodles and stir to combine. Allow to cook for a minute or until the zucchini noodles have been heated. Serve immediately.

Nutritional Values: Calories: 1393, Fat: 38.5g, Carb: 221.2g, Protein: 66.3g, Fiber: 61.4g, Sugar: 54g, Cholesterol: 0mg, Sodium: 2156mg

6.8 Summer Chickpea Soup

Serves: 4 cups | Preparation Time: 5 minutes

Cooking Time: 25 minutes

Ingredients:

Chickpeas, ½ cup cooked

White Onion, ½, peeled and diced

Zucchini, ½ large, chopped

Kale, ½ cup, chopped

Squash, ½ cup, cubed

Sea Salt, ¾ teaspoon

Fresh Thyme, ¾ tablespoon, chopped

Fresh Tarragon, ¾ tablespoon

Vegetable Stock, 2 cups

Spring Water, 1 ½ cups

Procedure:

Heat a saucepot on medium-high heat. Add ¼ cup of the vegetable stock, zucchini, onion, and thyme and allow to cook for 4 minutes.

Add in the remainder of the broth and the spring water and allow to boil. Reduce heat to low and allow to simmer for 10-15 minutes or until the vegetables are softened.

Add the other ingredients and stir to combine well. Allow to simmer for 10 more minutes or until the squash and other vegetables are soft enough. Serve immediately.

Nutritional Values: Calories: 495, Fat: 10.6g, Carb: 89.6g, Protein: 24.9g, Fiber: 24g, Sugar: 24.3g, Cholesterol: 0mg, Sodium: 2080mg

6.9 Spring Clean Soup

Serves: 2 | Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients:

Leafy Greens (from the approved foods list), 2 cups, chopped

Zucchini, 1 small, sliced

White Onion, 1 piece, peeled and sliced

Green Bell Pepper, 1 medium piece, seeded and sliced.

Spring Water, 2 ½ cups

Sea Salt, ¾ teaspoon

Cayenne Pepper, ¼ teaspoon

Dried Basil, 1 teaspoon

Procedure:

Heat a medium pot over high heat and add all the ingredients. Stir to combine well and cook for 5 to 10 minutes or until the vegetables are still slightly crisp, but tender.

Remove the pot from the heat and either add the contents into a blender jar after it has cooled slightly or use an immersion blender to puree the soup. Serve immediately.

Nutritional Values: Calories: 177, Fat: 0.9g, Carb: 36.5g, Protein: 8.9g, Fiber: 10.5g, Sugar: 14.1g, Cholesterol: 0mg, Sodium: 456mg

6.10 Primeval Squash Soup

Preparation Time: 5 minutes

Cooking Time: 32 minutes | Serves: 1 cup

Ingredients:

Kamut Berries, 6 tablespoons

White Onion, 1 cup, chopped

Squash, ½ cup, chopped

Chickpeas, ½ cup, cooked

Vegetable Stock, 1 cup

Spring Water, 1 cup (boiling)

Olive Oil, 1 tablespoon

Cayenne Pepper, ¼ teaspoon

Tarragon, ½ tablespoon, chopped

Bay Leaf, 1 piece

Thyme, 1 teaspoon, chopped

Procedure:

Add the Kamut Berries into a small bowl and cover with boiling water. Allow to sit for 30 minutes to soften.

While the Kamut softens, heat the Olive Oil in a medium sized pot over medium heat. Once hot, add the onions, and add the thyme and tarragon. Cook for 5 minutes or until the onion has softened.

Drain the Kamut from the water and add the berries into the pot. Add a bay leaf and squash and pour in the vegetable stock. Bring the mixture to a boil.

Cover the pot with a lid and reduce the heat. Allow to simmer for 15-20 minutes and season with the Cayenne Pepper. Cook for 5 minutes.

Remove the bay leaf and discard. Add the cooked chickpeas. Cook for two minutes. Serve immediately.

Nutritional Values: Calories: 591, Fat: 22.9g, Carb: 84.2g, Protein: 23.9g, Fiber: 23.1g, Sugar: 20.8g, Cholesterol: 0mg, Sodium: 777mg

6.11 Spiced Butternut Soup

Preparation Time: 15 minutes

Cooking Time: 20 minutes | Serves: 6

Ingredients:

Butternut Squash, 1 cup, cooked and cubed

Red Tomatoes, 3 cups, diced

Fresh Basil Leaves, ½ cup

Coconut Milk, 1 cup (see Recipe in Chapter 6)

Bell Peppers, 2 pieces (Orange or Red)

Yellow Onion, ½ to 1 whole, diced

Spring Water, ½ cup

Coconut Sugar, 2 tablespoons

Ginger, ½ teaspoon

Cayenne Pepper, ½ teaspoon

Sea Salt, 1 teaspoon

Bay Leaf, 1 piece

Procedure:

Add the cooked butternut squash into the jar of a food processor, and pulse until it reaches a smooth consistency. You may prepare this in advanced.

In a saucepan, sauté the onions, ginger, and bell peppers in a small amount of olive oil or grape seed oil for 5 minutes until softened. Season with the salt and cayenne pepper as you go along.

Add these sautéed vegetables to the pureed squash and blend until it reaches a smooth consistency.

Add the tomatoes, coconut milk, spring water and coconut sugar into the same saucepan from the sautéed onions and peppers and lower the heat. Stir to remove the sticky bits from the bottom of the saucepan. Do not remove these as these add a wonderful, caramelized flavor to the soup.

Ladle the puree by batches into the saucepan and stir until fully incorporated. Add the bay leaf. Allow the soup to simmer for 15-20 minutes until it has thickened to your desired consistency.

Remove the bay leaf before you serve the soup and garnish with the fresh basil.

Nutritional Values: Calories: 859, Fat: 58.2g, Carb: 87.5g, Protein: 12.7g, Fiber: 15.9g, Sugar: 51.9g, Cholesterol: 0mg, Sodium: 552mg

6.12 Cream of Greens Soup

Preparation Time: 5 minutes

Cooking Time: 20 minutes | Serves: 2

Ingredients:

Red Onion, ¼ cup, diced

Amaranth Greens, 1 cup, chopped roughly

Kale, 2 cups, chopped roughly

Spaghetti Squash, halved and baked

Zucchinis, 2 pieces, cubed and baked

Avocados, 2 wholes, cubed (sprinkle with lime juice to prevent discoloration)

Lime Juice, from 1 lime

Fresh Basil or Parsley, 1 tablespoon, chopped

Procedure

Add the ingredients by batches into the jar of a food processor, blending each batch until it reaches a smooth consistency. Once all have been added,

blend until the texture of the puree is uniformly smooth.

You may serve it chilled or heat it up. Serve.

Nutritional Values: Calories: 827, Fat: 60g, Carb: 72.8g, Protein: 17.5g, Fiber: 26.9g, Sugar: 10.3g, Cholesterol: 0mg, Sodium: 145mg

6.13 Purslane Gazpacho

Serves: 4 | Preparation Time: 30 minutes

Cooking Time: 30 min, plus 6 hours to chill

Ingredients:

Purslane Leaves, 3 cups

Ice Cubes, 2 cups

Spring Water, 3 cups

Zucchini, 6 wholes

Onion, ½, chopped

Avocado Oil, 2 tablespoons

Sea Salt, 2 tablespoons

Olive Oil, 1 tablespoon

Fresh Basil, 1 tablespoon, shredded

Fresh Thyme Leaves, 1 teaspoon

Ginger Root, 1 teaspoon, grated

Bay Leaf, 1 whole

Procedure:

Heat the avocado oil in a sauté pan. Once hot, add the ginger and onions and sauté until fragrant. Add in the bay leaf, thyme, and season with salt. Cook for an additional one to two more minutes.

Slice the zucchinis in narrow, lengthwise strips. Add these into the sauté pan and cook for at least 12-13 minutes. Stir occasionally to prevent sticking at the bottom of the pan.

Transfer the contents into a pot and add the Spring Water. Bring to a boil.

Remove the bay leaf and add the basil and purslane. At this point, you may add the soup into a blender once it has cooled down and puree the soup. This may have to be done in batches.

Add the ice cubes into the puree and chill for 6 hours. Serve with a drizzle of olive oil.

Nutritional Values: Calories: 792, Fat: 55.8g, Carb: 73.3g, Protein: 21.3g, Fiber: 29.5g, Sugar: 26.1g, Cholesterol: 0mg, Sodium: 3036mg

6.14 Mushroom Ramen

Serves: 2 | Preparation Time: 5 minutes

Cooking Time: 30 minutes

Ingredients:

Enoki Mushrooms, 6 cups, rinsed

Spring Water, ½ cup

Turnip Greens, 1 cup

Grape Seed Oil, 1/3 cup

Seaweed Flakes, 2 tablespoons

Sesame Seeds, 1 tablespoon

Sesame Oil, 1 tablespoon

Coconut Amino or Liquid Amino, 1 tablespoon

Fresh Ginger, 2 teaspoons, grated

Sea Salt, 2 teaspoons

Fresh Parsley, 1 teaspoon, chopped

Cayenne Pepper, 1 teaspoon

Red Onion, ½ sliced

Procedure:

Combine the grape seed oil and sesame oil in a saucepan and heat. Add the parsley, cayenne pepper, and fresh ginger. Season with salt and toast until fragrant.

Add the onions, turnip greens and coconut Amino into the saucepan. Let cook for 3-4 minutes.

Add the spring water and the enoki mushrooms. Cook until the mushrooms are tender.

Garnish with the Seaweed Flakes and Sesame Seeds.

Nutritional Values: Calories: 603, Fat: 37.2g, Carb: 54.4g, Protein: 16g, Fiber: 16.4g, Sugar: 6.3g, Cholesterol: 0mg, Sodium: 1152mg

6.15 Mushroom Soup

Serves: 6 | Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients:

Red Pepper Flakes, 1 teaspoon, crushed

Basil Leaves, 2 teaspoons

Sea Salt, 2 teaspoons

Onion Powder, 1 tablespoon

Grape Seed Oil, 2 tablespoons

Onions, 1 cup, minced

Chickpea Flour, 1 ½ cups

Chayote, 2 cups, cubed

Mushrooms. 3 cups, sliced

Spring Water, 6 cups

Hemp Milk, 1 cup (see Recipe in Chapter 6 on how to make your own)

Procedure:

Heat the grape seed oil in a saucepot and sauté the mushrooms and onions until softened and aromatic. This will take approximately 3 to 5 minutes.

Add in the Spring Water, Hemp Milk, and cubed Chayote, along with the remainder of the seasonings into the saucepot with the sautéed mushrooms and onions. In a separate bowl, mix the chickpea flour and 2 cups of water. This latter mixture will be the thickener for the soup.

Once the soup base has reached a full boil, reduce the heat, and allow to simmer for 20 minutes. Add the thickener. Pour slowly while you whisk vigorously to disperse the dissolved chickpea flour and allow the soup to simmer for another 30 minutes. Serve warm with bread.

Nutritional Values: Calories: 1626, Fat: 52.2g, Carb: 215.1g, Protein: 80.7g, Fiber: 43.1g, Sugar: 51.3g, Cholesterol: 0mg, Sodium: 1201mg

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7

BREAKFAST RECIPES

Dr. Sebi notes the importance of a healthy breakfast and its role in the control of your metabolism and your overall health. In this section you would find recipes, both sweet and savory in flavor, and substantial enough to get you started on your day. The food items here are found in the approved foods list of Dr. Sebi, so you do not need to feel any guilt once you enjoy these dishes for your morning meals.

7.1 Chia Seed Berry Pudding

Preparation Time: 20 minutes

Chill Time: Overnight | Serves: 6

Ingredients

Coconut Milk, 2 cups (see recipe on Chapter 6)

Whole Chia Seeds, ½ cup

Fresh Berries, ½ cup

Date Paste, 1 ½ tablespoons

Cinnamon, Ground, ¼ teaspoon

Procedure:

In a small bowl, whisk together the date paste, cinnamon, and coconut milk until evenly combined.

Stir in the chia seeds until well combined.

Allow this to sit for 20 minutes to thicken. At this point, if you are doing advanced preparations for breakfast, you may cover the bowl with cling film and stick in the refrigerator to thicken overnight.

Stir in the fresh berries before you serve this for your breakfast.

Nutritional Values: Calories: 2471, Fat: 186.9g, Carb: 173g, Protein: 52.6g, Fiber: 96.9g, Sugar: 49.2g, Cholesterol: 0mg, Sodium: 113mg

7.2 Peachy Granola Porridge

Preparation Time: 15 minutes+ 12 hours to soak

Cooking Time: 60 minutes | Serves: 4

Ingredients:

Spring Water, 2 ½ cups

Kamut Grain, 1 cup, soaked for 12 hours and drained.

Walnuts, ½ cup, chopped

Sea Moss, 2 tablespoons

Fresh Dates, 1 cup, pitted, and chopped

Peach, 1 whole, cut into chunks

Sea Salt, ¼ teaspoon

Ground Cinnamon, 1/8 teaspoon (optional)

Procedure:

Add the prepared Kamut Grains into a jar of a food processor and pulse into a coarse powder.

Boil the Spring Water in a Saucepan. Once it has reached a full boil, add the sea moss, salt, and dates, and stir until they have dissolved.

Add the processed Kamut Grain into the water and stir to thoroughly incorporate. Add the peaches and cook. Expect that the mixture will thicken. This will take approximately 45 minutes.

Remove the mixture from the heat and ladle into serving bowls. Top with the walnuts and sprinkle with cinnamon before you serve. This may be eaten while warm or chilled.

Nutritional Values: Calories: 589, Fat: 37.3g, Carb: 54.1g, Protein: 22g, Fiber: 11.6g, Sugar: 21.1g, Cholesterol: 0mg, Sodium: 225mg

7.3 Coconut Cream-Filled Teff Crepes with Elderberry Syrup

Preparation Time: 30 minutes

Cooking Time: 1 hour | Serves: 8

Ingredients:

Coconut Cream, 1 cup, chilled

Spring Water, 3 ½ cups

Dried Elderberries, 2/3 cup

Date Syrup, 1 cup (see recipe in Chapter 6)

Ground Teff or Teff Flour, 1 cup

Unsweetened Applesauce, ½ cup

Sparkling Water, ¼ cup

Fresh Ginger, 2 tablespoons, ground

Avocado Oil, 2 tablespoons

Lime Juice from 1 lime

Whole Cloves, 5 pieces

Cinnamon, Ground, ¼ teaspoon

Sea Salt, 1/8 teaspoon

Procedure:

Prepare the Coconut Cream: Add the Coconut Cream into a Mixing Bowl. With a hand mixer or stand mixer, whip until the cream reaches light peaks. Keep chilled until ready to use.

Prepare the Elderberry Syrup: Heat water in a medium saucepot. Add the dried elderberries, ginger, and cloves. Heat until it boils and reduce heat. Let simmer for 30 minutes or until the liquid has reduced by half. Remove from the pot and let cool.

Strain the mixture. Discard the elderberry skins and cloves. Add the date syrup and lime juice. Use fresh. Store the remainder in an airtight jar and keep in the refrigerator.

Prepare the Crepes: In a mixing bowl, add the salt, teff flour, cinnamon and applesauce and stir to combine. Incorporate the sparkling water slowly and mix the batter gently. Set aside.

Heat the avocado oil in a skillet. Once the oil is heated enough, pour enough batter to make 4-inch pancakes each. Lower the heat and cook the pancakes for 2 minutes on each side, or until golden-brown in color.

Remove the pancakes and top with the coconut cream. Drizzle with the elderberry syrup.

Nutritional Values: Calories: 3301, Fat: 203.1g, Carb: 399.9g, Protein: 60.3g, Fiber: 31.7g, Sugar: 222.4g, Cholesterol: 0mg, Sodium: 120mg

7.4 Spiced Baked Pears with Nut Topping

Preparation Time: 10 minutes

Cooking Time: 1 hour, 20 min | Serves: 8

Ingredients:

Walnuts, ½ cup, chopped

Raisins, ½ cup

Ripe Pears (any variety), 4 pieces

Date Paste, 4 tablespoons

Spring Water, Several Tablespoons, dependent on need

Allspice, 1/3 teaspoon

Procedure:

Preheat your oven to 370 degrees Fahrenheit.

In a small bowl, soak the raisins in hot water, for two to five minutes.

Peel the pears and halve them lengthwise. Remove the core. Arrange the pears on a baking dish, cut side up, to form small bowls.

In a separate bowl, add the date sugar, allspice and walnuts and stir to combine thoroughly. Drain the raisins from the water and add them into the bowl. Stir to combine well and pack these into the cored-out section of the pears.

Cover the bottom of the baking dish with enough water to insulate the pears from direct heat. Bake this for 30 to 40 minutes or until the pears are tender. Serve warm.

Nutritional Values: Calories: 975, Fat: 38.2g, Carb: 161.8g, Protein: 19.4g, Fiber: 29.5g, Sugar: 109g, Cholesterol: 0mg, Sodium: 15mg

7.5 Quinoa Energizer Bowl

Preparation Time: 15 minutes

Cooking Time: 10 minutes | Serves: 4

Ingredients:

Quinoa, 1 cup, cooked

Agave Nectar, 1 tablespoon

Chia Seeds, 1 tablespoon

Dried Cherries, 1 tablespoon, chopped

Hemp Seed Oil, 1 ½ teaspoons

Cinnamon, ½ teaspoon

Sea Salt, 1/3 teaspoon

Procedure:

Prepare the Quinoa ahead of time. To do this, rinse one part quinoa to two parts waters. Simmer the quinoa in this ratio until the quinoa is fluffy.

In a saucepan, heat up the hemp seed oil, cinnamon and salt and toast until fragrant.

Add the quinoa and stir in the salt and cinnamon to season and flavor your quinoa. Once flavored. Remove from the heat and add the agave nectar. Stir to incorporate.

Pour the quinoa into a bowl and garnish with the chia seeds and chopped, dried cherries for added texture and flavor.

Nutritional Values: Calories: 1054, Fat: 40g, Carb: 146.2g, Protein: 29g, Fiber: 23.8g, Sugar: 21g, Cholesterol: 0mg, Sodium: 170mg

7.6 High-Fiber Fonio Frumenty

Preparation Time: 5 minutes

Cooking Time: 30 minutes | Serves: 6

Ingredients:

Dry Fonio, 1 cup

Coconut Milk, 1 cup

Spring Water, 2 cups

Raisins, ½ cup

Figs, ½ cup, chopped

Walnuts, ¼ cup, whole

Prunes, 4 pieces, chopped

Coconut Milk, 6 tablespoons

Shredded Coconut, 6 tablespoons

Ground Cinnamon, 6 teaspoons

Procedure:

Toast the walnuts in a heated skilled for about 4 minutes or until toasted. Chop the toasted nuts and set aside.

In a saucepan, add the dry fonio. Gradually add the water and stir constantly to prevent lumps.

Add the chopped prunes and heat the mixture until it reaches a gentle boil. Stir constantly. Expect that the prunes will dissolve. Once this happens, reduce the heat, and allow the fonio to simmer.

Add the raisins and stir to break any clumped raisins. Add the coconut milk. Simmer until all the liquid has been incorporated, at least six minutes.

Serve in a bowl. Top with the figs, coconut milk, shredded coconut, and cinnamon.

Nutritional Values: Calories: 2345, Fat: 120.2g, Carb: 307.7g, Protein: 47.8g, Fiber: 49g, Sugar: 128.5g, Cholesterol: 0mg, Sodium: 101mg

7.7 Whole-Grain Banana Pancakes with Blackberry Jam

Preparation Time: 30 minutes

Cooking Time: 28 minutes | Serves: 4

Ingredients:

Sparkling Water, ½ cup

Spelt Flour, 1 cup

Agave Nectar, ¼ cup

Sea Moss Gel, ¼ cup

Fresh Blackberries, 18 ounces

Banana, 1 mashed

Agave Nectar, 3 tablespoons

Lime Juice, 1 tablespoon

Grape Seed Oil, 1 tablespoon

Sea Salt, 2/3 teaspoon

Procedure:

Prepare the Blackberry Jam: Rinse the blackberries and begin to heat them in a saucepan over low heat to prevent scorching. Once they have begun to break down, let cool slightly before you add them into a blender jar and blend. Alternatively, you may mash these with a fork or use a food processor. Add the 3 tablespoons of agave nectar, lime juice and sea moss. Remove the jam from the heat and allow to cool before you store it in the refrigerator.

Prepare the Pancake Batter: In a mixing bowl, add the Spelt Flour, Sea Salt, ¼ cup Agave Nectar, and the Mashed Banana. Slowly add the sparkling water until the batter is well combined. Stir to prevent lumps. Set aside.

Cook the Pancakes: Coat the bottom of a non-stick skillet with the Grape Seed Oil. Once heated, pour the batter onto the skillet to form the pancakes of your desired size. After two minutes, the pancakes will begin to bubble. Once this happens, flip the pancakes with a spatula and finish cooking. Both sides should be golden brown in color.

Smear the pancakes with blackberry jam before you serve.

Nutritional Values: Calories: 472, Fat: 15.9g, Carb: 81.4g, Protein: 7.4g, Fiber: 14.9g, Sugar: 38.3g, Cholesterol: 0mg, Sodium: 526mg

7.8 Butternut Hash Browns

Preparation Time: 15 minutes

Cooking Time: 18 minutes | Serves: 5 pieces

Ingredients:

Butternut Squash, 1 small or medium-sized piece

Onions, ½ cup, diced

Cayenne Pepper, ½ tablespoon

Grape Seed Oil, 1 tablespoon

Onion Powder, ½ tablespoon

Sea Salt, 2 teaspoons

Procedure:

Cut off the ends of the butternut squash and remove the peel.

Split the squash lengthwise and use a spoon to remove the seeds from both halves.

Shred the butternut squash halves on a grater and add into a bowl with the onions, onion powder, cayenne pepper and sea salt. Toss to combine thoroughly.

Heat a skillet with the grape seed oil. Shape the squash and onion mixture and arrange in the skillet. Cook until golden brown and crisp around the edges. Serve.

Nutritional Values: Calories: 212, Fat: 14.6g, Carb: 22.8g, Protein: 2.6g, Fiber: 4.6g, Sugar: 4.6g, Cholesterol: 0mg, Sodium: 942mg

7.9 Apple Amaranth Cinnamon Porridge (Overnight Recipe)

Preparation Time: 10 minutes, plus 24 hours to soak |Cooking Time: 30 minutes | Serves: 4

Ingredients:

Amaranth Seeds, 1 cup, soaked overnight

Light Coconut Milk, 1 cup

Coconut Oil, 2 tablespoons

Apples, 2 whole fruits, chopped

Cinnamon, 2 teaspoons (you may use allspice if you like)

Procedure:

In a saucepan, add the pre-soaked Amaranth Seeds, Coconut Milk and Cinnamon and heat until the coconut milk simmers. Cover and allow to simmer for 15 minutes. The Amaranth will absorb the Coconut Milk by this time.

Remove the saucepan from the heat and let cool. Prepare a skillet with some coconut oil and heat.

In a bowl, toss the chopped apples in cinnamon and add into the heated skillet. Cook the apples for at least 8 minutes or until they have softened.

Ladle the amaranth into a bowl and top with the cooked apples. Serve.

Nutritional Values: Calories: 1965, Fat: 101.6g, Carb: 244g, Protein: 43g, Fiber: 41.8g, Sugar: 58.8g, Cholesterol: 0mg, Sodium: 93mg

7.10 Alkaline Sausage Links

Preparation Time: 5 minutes

Cooking Time: 20 minutes| Serves: 6

Ingredients:

Spelt Flour or Chickpea Flour, ¼ cup

Teff, 1 cup, whole

Onion, ½ cup, diced

Fennel Seed, 2 tablespoons, crushed

Sage, ground, 2-4 teaspoons

Sea Salt, ½ - 1 teaspoon

Dill, 1 ½ teaspoons

Oregano Leaves, 1-2 teaspoons

Basil Leaves, 1-2 teaspoons

Cayenne Pepper, 1 teaspoon

Grape Seed Oil. Several teaspoons

Cloves, 1 teaspoon, ground

Procedure:

In a large, cast-iron skillet on medium-high heat, heat 3 teaspoons of Grape Seed Oil and sauté your onions until they become translucent. Reduce the heat under the skillet.

Prepare your seasoning mix: Adjust the spice mixture of all the spices listed and mix with your chosen flour and teff in a bowl. Stir in the sautéed onions.

Raise the heat under the cast iron skillet and add enough grape seed oil to coat the bottom of the skillet.

Shape the teff-flour mixture into patties and arrange on the skillet. Cook these for three minutes on each side. Serve warm.

Nutritional Values: Calories: 909, Fat: 74.3g, Carb: 61.4g, Protein: 11.8g, Fiber: 14.2g, Sugar: 3.7g, Cholesterol: 0mg, Sodium: 496mg

7.11 Vegetarian Quiche

Preparation Time: 5 minutes

Cooking Time: 35 minutes | Serves: 4

Ingredients:

Spring Water, 3 cups

Bell Peppers, ½ cup, seeded, chopped, and sautéed

Onions, ½ cup, chopped and sautéed

Kale, ½ cup, lightly salted

Chickpea Flour, 2 ½ cups

Grape Seed Oil, 5 tablespoons

Sea Salt, 2 teaspoons

Cayenne Pepper, ¼ teaspoon

Herbs of your choice

Procedure:

Preheat your oven to 480 degrees Fahrenheit. Grease a muffin tin with some of the Grape Seed Oil and set aside.

Heat a skillet with a tablespoon of the Grape Seed Oil. Sauté the bell peppers, onions, and kale until softened and remove from the heat.

Prepare the Quiche Base: In a bowl, whisk together the chickpea flour, salt, water, three tablespoons of the Grape Seed Oil, Salt, Cayenne Pepper, and your herbs, until well combined.

Add your sautéed vegetables and pour into a muffin tin. Bake for 15 minutes.

Open the oven door to release steam and continue baking for 15 more minutes or until the quiches have set. Allow the quiche to cool before you remove them from the tin. Serve warm.

Nutritional Values: Calories: 1555, Fat: 85.7g, Carb: 147.7g, Protein: 54.1g, Fiber: 28.4g, Sugar: 30.2g, Cholesterol: 0mg, Sodium: 1125mg

7.12 Torta de Garbanzo

Preparation Time: 15 minutes

Cooking Time: 35 minutes | Serves: 2

Ingredients:

For the Alkaline Cheese: (alternatively you may use the recipe in Chapter 6)

Brazil Nuts, ½ cup, soaked for two hours

Hemp Milk or other Alkaline Milk (see recipe in Chapter 6), 1 ½ cups

Spring Water, 1 ½ cups

Lime Juice, 3 tablespoons, filtered

Sea Salt, 1 teaspoon

Grape Seed Oil, 1- 2 teaspoon

For the Omelet:

Chickpea Flour, ½ cup

Spring Water, 1/3 cup

Red Tomatoes, ½ cup, diced

Onion, ¼ cup, diced

Bell Peppers, ¼ cup, diced

Portobello Mushrooms, ¼ cup, diced

Sweet Basil, ¼ teaspoon

Sea Salt, ¼ teaspoon

Oregano, ¼ teaspoon

Onion Powder, ¼ teaspoon

Cayenne Pepper, ¼ teaspoon

Grape Seed Oil, 2 teaspoons

Procedure:

To make the Alkaline Cheese, add the Brazil Nuts, Hemp Milk, Lime Juice, Sea Salt and two teaspoons of the Grape Seed Oil into the jar of a food processor or a blender. Add a half-cup of water and process for two minutes.

If at this point, the mixture is too thick, add more water and stir with the spoon at the same time to ensure that you can achieve the consistency that you want. For this dish, you want the cheese sauce to be smooth and runny.

To make the Garbanzo Omelet: Mix the chickpea flour, water, basil, onion powder, sea salt, oregano, and cayenne pepper in a bowl and set aside.

Heat the Grape Seed Oil in a cast iron skillet for two minutes on a medium-high flame. Once heated, add the tomatoes, onions, bell peppers and mushrooms and sauté for two minutes. Pour the chickpea flour mixture over the sautéed vegetables and tilt the skillet to spread the mixture evenly.

Cook the omelet until crisp and golden brown on one side. Flip to cook the other side.

Serve the omelet on a plate, and top with the cheese sauce.

Nutritional Values: Calories: 2651, Fat: 229.5g, Carb: 117.8g, Protein: 79.9g, Fiber: 39.6g, Sugar: 36.3g, Cholesterol: 0mg, Sodium: 691mg

7.13 Vegetarian Flapjacks

Preparation Time: 5 minutes

Cooking Time: 5 minutes | Serves: 2

Ingredients:

Coconut Flour, ¼ cup

Filtered Water, ¼ cup

White Onion, ½ piece, grated

Yellow Squash, 1 piece, roughly chopped

Zucchini, 1 piece, peeled and chopped

Onion Powder, ½ teaspoon

Sea Salt, 1 teaspoon

Scallions, 4 pieces

Procedure:

Add the squash, zucchini, scallions, coconut flour, grated onion, salt, and onion powder into the jar of a food processor. Pulse until well blended.

Add water into the mixture to moisten it, but not to the point that it is runny. Expect that the batter will be thick.

Grease a pan with grape seed oil or olive oil and set over a medium-high flame.

With an ice-cream scoop, portion the batter into the pan. Spread the batter with a fork to form an even layer. Press down gently to flatten the pancakes. Cook until both sides are golden brown. This should take about five minutes. Serve warm.

Nutritional Values: Calories: 72, Fat: 1g, Carb: 14.3g, Protein: 4g, Fiber: 4.7g, Sugar: 5.9g, Cholesterol: 0mg, Sodium: 502mg

7.14 Alkaline Berry Protein Shake

Preparation Time: 3 minutes

Cooking Time: 5 minutes | Serves: 4

Ingredients:

Strawberries, 8 pieces, frozen

Banana, 1 piece, chopped and frozen

Orange Juice, 2 cups, freshly squeezed (you may use water instead)

Coconut Milk, 2/3 cups (see recipe in Chapter 6)

Amaranth Leaves, 2 cups

Chia Seeds, ¼ cup (optional)

Procedure:

Add all the ingredients, one at a time, into the jar of a blender. Blend these into your desired consistency.

Nutritional Values: Calories: 2178, Fat: 73.3g, Carb: 331.1g, Protein: 67.8g, Fiber: 54.9g, Sugar: 45.5g, Cholesterol: 0mg, Sodium: 114mg

7.15 High-Fiber Berry-Nutty Muffins

Preparation Time: 15 min | Serves: 8

Cooking Time: 50 min+ 15 min to cool

Ingredients:

Bananas, 4 pieces, mashed

Brazil Nuts, 8 pieces, crushed

Spelt Flour, 2 cups

Blueberries, 1 cup

Walnuts, 1 cup, chopped

Kamut-Grain, 1 cup, finely ground

Walnut Milk, 1 cup

Agave Nectar, 1 cup

Unsweetened Applesauce, 2 tablespoons

Grape Seed Oil, 2-3 tablespoons

Date Syrup, 4 tablespoons

Grape Seed Oil, 3 teaspoons

Sea Salt, ¼ teaspoon

Procedure:

Preheat your oven to 475 degrees Fahrenheit. Grease a muffin tray with the 3 teaspoons Grape Seed Oil and set aside.

Peel the bananas and add them into a bowl. Mash them with a fork until they are just slightly lumpy. Add the Applesauce, Agave Nectar, Sea Salt, Walnut Milk, the 2-3 tablespoons of Grape Seed Oil and Date Syrup. Stir until well combined, or you may use a hand mixer to do this for a faster job.

Add the Kamut-Grain and stir to incorporate the grain into the batter.

For this next step, you will want someone to assist you. Add all the Spelt-Grain Flour before all the liquid is absorbed by the Kamut Grain. Stir rapidly to mix the batter thoroughly.

Fold the blueberries, walnuts, and Brazil Nuts into the batter. Mix well.

Spoon the batter into the greased muffin tray. Bake for 45-50 minutes or until a skewer inserted into the center of the muffin comes out clean. Once fully baked, let the muffins cool on a rack for 15 minutes. This allows them to come off the tin more easily. Enjoy this as a make-ahead breakfast, though do not do this well in advanced as the nuts may turn rancid.

Nutritional Values: Calories: 4346, Fat: 352.6g, Carb: 282.9g, Protein: 89.6g, Fiber: 61.1g, Sugar: 108.6g, Cholesterol: 0mg, Sodium: 522mg

7.16 Hemp Seed Congee

Preparation Time: 5 minutes

Cooking Time: 5 minutes | Serves: 6

Ingredients:

Hemp Seed, 3 cups, cooked

Stevia, 1 packet

Coconut Milk, 1 cup

Procedure:

In a saucepan over medium heat, add the hemp seed and the coconut milk. Cook for 5 minutes and take care to stir constantly to prevent sticking at the bottom of the pot.

Take off from the heat and add the Stevia. Ladle into the bowls or store any leftovers in the refrigerator. Enjoy while warm.

Nutritional Values: Calories: 4584, Fat: 386.1g, Carb: 61.4g, Protein: 245.8g, Fiber: 29g, Sugar: 8g, Cholesterol: 0mg, Sodium: 36mg

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7.17 Millet Frumenty

Preparation Time: 10 minutes

Cooking Time: 20 minutes | Serves: 2

Ingredients:

Water, 1 ½ cups

Millet Grain, ½ cup, rinsed and drained

Coconut Milk, ½ cup, unsweetened

Coconut, 1 tablespoon, shredded or grated

Sea Salt, 1/8 teaspoon

Liquid Stevia, 3 drops

Procedure:

Toast the millet grains in a non-stick skillet for 3 minutes. Season with the salt and add in the water. For this step, alternatively, you may opt to toast the millet grains in a pot and season with salt and add the water for ease of cooking. Once the water has been added, bring to a boil, and lower the heat.

Allow this to simmer for 15 minutes before you add the other ingredients. Once you have added these, allow to cook for 4 more minutes.

Ladle into bowls and garnish with nuts.

Nutritional Values: Calories: 841, Fat: 51.1g, Carb: 86.2g, Protein: 15.7g, Fiber: 15.8g, Sugar: 6.1g, Cholesterol: 0mg, Sodium: 103mg

7.18 Spelt Flatbreads

Preparation Time: 10 minutes, plus 30 minutes to rest | Cooking Time: 20 minutes |Serves: 12

Ingredients:

Spelt Flour, 1 cup, plus extra to dust your work surface

Sea Salt, 1 teaspoon

Grape Seed Oil, 2 teaspoons

Spring Water, added slowly, amount will vary

Procedure:

Add all the ingredients into a mixing bowl and combine. Add enough water to gradually form a soft, spongy dough that springs back when touched. Allow to rest in the bowl for 30 minutes.

Heat a skillet, but do not add any oil.

While the skillet heats, portion the dough into 12 balls.

Dredge the balls into some extra spelt flour, one at a time, and flatten the dough into a circular shape. It is okay if it is not completely circular. Once

flattened, add the flatbread into the skillet and watch carefully. It should start to bubble and puff. Once it does, flip the flatbread and allow the other side to cook. Transfer onto a serving platter. Enjoy with some Alkaline Vegetable Curry or Soups from Chapter 8.

Nutritional Values: Calories: 240, Fat: 15g, Carb: 22g, Protein: 4g, Fiber: 4g, Sugar: 0g, Cholesterol: 0mg, Sodium: 473mg

7.19 Spelt Muesli (Make-Ahead)

Preparation Time: 10 minutes

Cooking Time: 10 minutes | Serves: 2

Ingredients:

Spelt Flakes, 2 cups

Dried Fruit, ½ cup (any fruit from the approved list)

Walnuts, ½ cup, chopped

Hemp Seeds, ½ cup

Coconut Flakes, ½ cup

Agave Syrup, 4 tablespoons

Avocado Oil, 2 tablespoons

Sea Salt, 1 teaspoon

Procedure:

Preheat an oven to 300 degrees Fahrenheit. You may want to grease a cookie sheet or line the bottom of a baking sheet with grease-proof paper.

Combine all the ingredients into a bowl and mix well to incorporate, and all ingredients have been coated with the agave syrup, avocado oil, and salt.

Spread the mixture onto the prepared cookie sheet and bake for 10 minutes or until crisp. Spoon into bowls and serve.

Nutritional Values: Calories: 3486, Fat: 264.6g, Carb: 235.6g, Protein: 82.4g, Fiber: 67.4g, Sugar: 92.7g, Cholesterol: 0mg, Sodium: 800mg

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8

MAIN DISHES

While the previous chapter is described for breakfast recipes, this chapter is named main dishes as you are perfectly free to enjoy these for either lunch or dinner, hence the classification of these dishes into main dishes. You will find a lot of familiar dishes here given the alkaline treatment and made just as palatable as your usual orders from your favorite take out place. Try them out and you will be able to enjoy your favorite meals at more economic prices that your body will not make you feel guilty about.

8.1 Alkaline Vegan Pizza

Preparation Time: 30 minutes

Cooking Time: 45 minutes | Serves: 4-6

Ingredients:

For the Crust (You may also use the Pizza Crust from Chapter 6):

Spelt Flour, 1 ½ cups

Sesame Seeds, 2 teaspoons

Grape Seed Oil, 2 teaspoons

Agave Syrup, 2 teaspoons

Sea Salt, 1 teaspoon

Oregano Leaves, 1 teaspoon

Onion Powder, 1 teaspoon

Spring Water, 1 cup

For the Topping:

Spiced Marinara Sauce or Alkaline Marinara Sauce (see recipes in Chapter 7)

Vegan Nut Cheese (see recipe in Chapter 6)

Mushrooms, Diced

Bell Peppers, Diced

Onions, Chopped

Procedure:

Preheat your oven to 400 degrees Fahrenheit. Grease a baking sheet with some Grape Seed Oil. You may dust it with some spelt flour at this point. Tap the baking sheet to coat the bottom evenly with the spelt flour. Set aside.

Prepare your Pizza Crust: Into a mixing bowl, combine all the ingredients for the crust except for the Spring Water. Mix well and slowly add the Spring Water, knead the dough to form a ball.

Flatten the dough onto the prepared baking sheet and brush the top with more Grape Seed Oil. With a fork, prick the top of the dough to make sure that your dough does not puff up. Bake or 12-15 minutes. The crust should not yet be golden as this is the pre-bake stage.

Prepare your Pizza Toppings: Layer the Alkaline Marinara Sauce, the Vegetables and top with the Vegan Nut Cheese. Bake for an additional 15-20 minutes or until the crust is crisp. Cut into slices and serve warm.

Nutritional Values: Calories: 485, Fat: 11.9g, Carb: 83.8g, Protein: 12.2g, Fiber: 13.5g, Sugar: 21.9g, Cholesterol: 0mg, Sodium: 486mg

8.2 Alkaline Chicken and Waffles

Preparation Time: 15 minutes

Cooking Time: 40 minutes | Serves: 2

Ingredients:

For the Waffle Batter:

Spelt Flour, 2 cups

Hemp Milk (see recipe in Chapter 6), 1 cup

Agave Syrup, ¼ cup

Spring Water, 1 cup

Sea Moss Gel, 2 teaspoons

Grape Seed Oil, 3 tablespoons

Sea Salt, ¼ teaspoon

For the Chicken:

Oyster Mushrooms, 1-2 bunches

Waffle Batter, ¾ cup

Chickpea Flour, ¾ cup

Onion Powder, 2 teaspoons

Oregano Leaves, 1 teaspoon

Basil Leaves, 1 teaspoon

Cayenne Pepper, 1/2 teaspoon

Sea Salt, ½ teaspoon

Procedure:

Prepare the Waffle Batter: Mix all the ingredients for the batter with a half cup of the Spring Water in a large bowl. Mix well. You may use a wooden spoon, or if you have one, use a hand mixer for a faster job. If the mixture is too thick, add more Spring Water until the mixture is more fluid. Set aside ¾ cup of the batter for the chicken.

Preheat a waffle maker and grease it with some Grape Seed Oil. Cook the waffles for 3-5 minutes or until crisp. Set aside in an oven to keep warm.

Prepare the Chicken: Remove the base of the Oyster Mushrooms and brush them to clean.

Into a bowl, add the Chickpea flour and half the seasonings for the chicken into a container with a lid. You may use a paper bag to do this step if you

wish. Add the Oyster Mushrooms into the container with the flour and seasonings and shake to coat them evenly. Set aside. Make sure to keep these separated so they do not clump together.

With the reserved ¾ cup Waffle Batter, add the remainder of the seasoning and mix with some Spring Water to make the batter more liquid. Dredge the mushrooms in this to coat evenly. Let the extra batter drip back into the bowl.

Heat 3 tablespoons of the Grape Seed Oil in a large, cast-iron skillet. Once hot enough, lower the heat to medium-high and cook the mushrooms for 3-4 minutes or until golden.

Serve with the Waffles that you kept warm in the oven.

Nutritional Values: Calories: 2029, Fat: 56.6g, Carb: 351.1g, Protein: 34g, Fiber: 20.9g, Sugar: 256.9g, Cholesterol: 0mg, Sodium: 644mg

8.3 Spaghetti Squash Pasta Bowl

Preparation Time: 10 minutes

Cooking Time: 35 minutes | Serves: 4 minutes

Ingredients:

Spaghetti Squash, 1 whole

Grape Seed Oil, 2 teaspoons

Sea Salt, ½ teaspoon

Onion Powder, ½ teaspoon

Cayenne Powder, ¼ teaspoon

Procedure:

Preheat the oven to 375 degrees Fahrenheit.

Trim the ends of the Spaghetti Squash and cut the squash in half, lengthwise. This produces longer strands for the pasta. Remove the seeds and other pulp from the center of the squash.

Add the Grape Seed Oil and the Seasonings onto the cut surface of the Squash. Rub these inside and out.

Arrange these on a baking sheet and bake in the preheated oven for 30-35 minutes or until softened. Once softened, let cool for a couple of minutes.

With a fork, scrape the insides to form long strands and place them into a bowl. Serve with the Vegan Nut Cheese or Alkaline Marinara Sauce from Chapter 6 of this book.

Nutritional Values: Calories: 167, Fat: 14.5g, Carb: 11.2g, Protein: 1.2g, Fiber: 2.4g, Sugar: 4.4g, Cholesterol: 0mg, Sodium: 263mg

8.4 Guilt-Free Mushroom Gravy

Preparation Time: 10 minutes

Cooking Time: 40 minutes | Serves: 3-4

Ingredients:

Spring Water, 2-3 cups

Mushrooms, ½ cup, sliced

Onions, ½ cup, chopped

Chickpea Flour, 3 tablespoons

Grape Seed Oil, 2 tablespoons

Onion Powder, 1 teaspoon

Sea Salt, 1 teaspoon

Thyme, ½ teaspoon

Oregano Leaves, ½ teaspoon

Cayenne Pepper, ¼ teaspoon

Procedure:

Set a skillet on high heat and add the Grape Seed Oil. Lower the heat to medium and sauté the chopped onions and mushrooms for 1-2 minutes until aromatic.

Season with all the herbs and spices except for the Cayenne Pepper. Sauté for another 6 minutes.

Add two cups of the Spring Water and add the Cayenne Pepper. Mix well and bring the mixture to a boil.

Into a small bowl, add the Chickpea Flour. Add some of the mixture from the skillet into the bowl with the Chickpeas and whisk thoroughly to form a slurry. Add this into the skillet once more and whisk to prevent lumps in the Gravy. Continue to cook. Add more Spring Water If needed.

Serve with the Chicken and Waffles If you wish, or with other dishes.

Nutritional Values: Calories: 382, Fat: 30g, Carb: 24.9g, Protein: 7.6g, Fiber: 5.3g, Sugar: 7.4g, Cholesterol: 0mg, Sodium: 511mg

8.5 Baked Mushroom Tempura

Preparation Time: 10 min plus 1 h to marinate

Cooking Time: 50 minutes | Serves: 3-4

Ingredients:

Portobello Mushrooms, 2-4 pieces

Spelt Flour, 1 ½ cups

Aquafaba, 1 ½ cups (see recipe in Chapter 6)

Basil Leaves, 2 teaspoons

Sage, 2 teaspoons

Oregano Leaves, 2 teaspoons

Ground Ginger, 2 teaspoons

Onion Powder, 2 teaspoons

Sea Salt, 2 teaspoons

Allspice, 1 teaspoon

Cayenne Pepper, 1 teaspoon

Grape Seed Oil, 3 tablespoons

Procedure:

Preheat your oven to 400 degrees Fahrenheit. Grease a Cookie Sheet with Grape Seed Oil and line it with a piece of grease-proof paper. Sprinkle more Grape Seed Oil on it and set aside.

Trim the Portobello Mushrooms of their stems and keep in an airtight container to prevent discoloration. At this point, you may cut them into strips or nuggets.

Add the Aquafaba, a teaspoon of Grape Seed Oil, and half of the seasonings into the container with the mushrooms. Mix thoroughly and allow to marinate for an hour.

After an hour, in a separate bowl, mix the remainder of the seasonings, the Spelt Flour and the Mushrooms.

Arrange the Mushrooms on the prepared baking sheet and bake for 15 minutes. Turn them and bake for another 15 minutes. Serve warm with the Guilt-Free Mushroom Gravy or any of the sauces in Chapter 7.

8.6 Alkaline Veggie Patties

Preparation Time: 10 min | Cook Time: 40 min

Serves: 4

Ingredients:

Spelt Flour (alternative to chickpea flour), ¾ cup

Spring Water, 1 cup

Key Limes (juice only), 1 tablespoon (as a replacement for tanginess)

Grape Seed Oil, 2 teaspoons

Burro Banana (alternative to squashes), 2, mashed

Mushrooms (except Shiitake, use Oyster mushrooms which are Dr. Sebi approved), 2 cups, sliced

Red Onions (Dr. Sebi's approved onion type), 1 cup, chopped

Bell Peppers (green ones), 1 cup, chopped

Onions, 1 cup, chopped

Sea Salt (ideally Himalayan), 1 teaspoon

Cayenne Pepper, ½ teaspoon

Savory (as an oregano alternative), 1 teaspoon

Basil (fresh is preferred over dried), 1 tablespoon chopped

Ground Ginger, 1/8 teaspoon or a pinch

Procedure:

In a large bowl, combine the spelt flour, spring water, key lime juice, and spices. Mix until the batter is smooth and free from lumps.

Add the mashed Burro Banana to the batter and stir until well combined.

Now, fold in the prepared vegetables into the batter, ensuring they are well coated.

Heat the Grape Seed Oil in a skillet over medium-high heat. Once hot, ladle in the vegetable-batter mixture in half-cup portions. Cook each side for 3-4 minutes or until they achieve a golden-brown color.

Serve warm, either as is or accompanied with a Dr. Sebi approved sauce of your preference.

Nutritional Values: Calories: 794, Fat: 35.6g, Carb: 105.2g, Protein: 26.3g, Fiber: 16.7g, Sugar: 24.9g, Cholesterol: 0mg, Sodium: 596mg

8.7 Vegan Teff and Chickpea Patties

Preparation Time: 10 minutes

Cook Time: 30 minutes | Serves: 4

Ingredients:

Teff Grain, 1 ½ cups, cooked

Chickpea Flour, ½ cup

Onions, ¼ cup, chopped

Grape Seed Oil, 3 tablespoons

Bell Peppers, 2 tablespoons, chopped

Onion Powder, 1 tablespoon

Ground Sage Leaves, 2 teaspoons

Dried Basil Leaves, 1 teaspoon

Dried Oregano Leaves, 1 teaspoon

Ground Fennel Seed, 1 teaspoon

Sea Salt, 1 teaspoon

Red Pepper Flakes, ½ teaspoon, crushed

Dried Dill, ½ teaspoon

Procedure:

Heat 1 tablespoon of the Grape Seed Oil in a cast-iron skillet on a medium-high flame. Sauté the bell peppers and onions for 2-3 minutes or until softened. Remove from the skillet.

Prepare a bowl and add the sautéed peppers and onions, the cooked Teff, the herbs, and spices. Mix until well combined. Add the Chickpea Flour last as this serves as the binder for the patties. Shape into patties of your desired size.

Heat 1-2 tablespoons of the Grape Seed Oil in a cast-iron skillet. Add the prepared patties and cook for 3-4 minutes on each side or until golden brown. Serve warm with any of the sauces listed in Chapter 7 of this book.

Nutritional Values: Calories: 869, Fat: 47.4g, Carb: 95.6g, Protein: 22.9g, Fiber: 14.7g, Sugar: 9.7g, Cholesterol: 0mg, Sodium: 514mg

8.8 Autumnal Alkaline Stuffing (Overnight Recipe)

Preparation Time: 6-8 hours to soak

Cooking Time: 10 minutes | Serves: 2

Ingredients:

Walnuts, 1 cup, soaked for 6-8 hours

Plum Tomato, 1 piece

Grape Seed Oil, 1 teaspoon

Onion Powder, ½ teaspoon

Cayenne Pepper, ½ teaspoon

Ground Ginger, ½ teaspoon (you may use ½ teaspoon of fresh, grated Ginger if you wish)

Sea Salt, ½ teaspoon

Spring Water, 1 cup or more

Procedure:

Add the Walnuts into a bowl and add enough Spring Water to cover them. Leave to soak for 6-8 hours. You may have to change the water every few hours. You may place the bowl with the walnuts inside the refrigerator.

Once fully soaked, prepare the bowl of a food processor, and add all the ingredients and the soaked nuts. Blitz until the ingredients are well mixed.

You may serve this raw, or sauté for a few minutes with other vegetables from the approved food list for more flavor. Use this to fill tortillas (see recipe in Chapter 6), or other types of bread.

Nutritional Values: Calories: 868, Fat: 81g, Carb: 19.5g, Protein: 31.4g, Fiber: 9.9g, Sugar: 4.9g, Cholesterol: 0mg, Sodium: 265mg

8.9 Crispy Zucchini Delight Strips

Preparation Time: 10 min plus 1 hour to marinate | Cooking Time: 20 min | Serves: 4

Ingredients:

Zucchini, 3 medium sized pieces

Date Sugar, ¼ cup (see recipe in Chapter 6)

Spring Water, ¼ cup

Agave Syrup, 2 tablespoons

Onion Powder, 1 tablespoon

Sea Salt, 1 tablespoon

Cayenne Pepper, ½ teaspoon

Ground Ginger, ½ teaspoon

Liquid Smoke, 1 teaspoon

Grape Seed Oil, 1 teaspoon

Procedure:

Set aside the Zucchinis and the Grape Seed Oil. They will be used later. In a saucepan, or a pot, add all the ingredients and heat until they have been well dissolved. You may use a whisk to ensure a smoother consistency.

Trim the ends of the Zucchinis and make lengthwise strips with the use of a vegetable peeler. If you have a mandolin, you may use it to make the strips. Exercise extra caution when you do so as the blades are extremely sharp.

Prepare a bowl and add the prepared zucchini. Pour in the marinade mixture and allow to marinate for an hour for the most flavorful results.

While the zucchini marinates, preheat an oven to 400 degrees Fahrenheit. Line a cookie sheet with grease-proof paper and drizzle with some Grape Seed Oil.

Once fully marinated, carefully arrange the marinated zucchini strips in a single layer on the prepared cookie sheet. Bake for 10 minutes. Turn them so the other side may also cook and allow to bake for another 4 minutes or so.

Serve these with any of the sauces from Chapter 7.

Nutritional Values: Calories: 364, Fat: 15.3g, Carb: 56.4g, Protein: 8g, Fiber: 7.2g, Sugar: 42.7g, Cholesterol: 0mg, Sodium: 1469mg

8.10 Alfredo Spelt Pasta

Preparation Time: 20 minutes

Cook Time: 20 minutes | Serves: 6

Ingredients:

Alkaline Grain Pasta Dough, 5 cups, rolled and shaped

Vegan Nut Cheese, 1 cup

Mushrooms (except Shiitake), 10 pieces, chopped

Bell Peppers, 2 pieces, chopped

Zucchini, 1 piece, chopped

Summer Squash, 1 piece, chopped

Onion, 1 whole, chopped

Fresh Basil Leaves, ½ teaspoon

Fresh Oregano Leaves, ½ teaspoon

Onion Powder, ½ teaspoon

Cayenne Pepper, ½ teaspoon

Sea Salt, 1 teaspoon

Grape Seed Oil, 1 tablespoon

Procedure:

Prepare the Pasta: Bring water to a boil in a large pot. Season the water with salt. Once the water has reached a rolling boil, add the Alkaline Grain Pasta Dough, and cook for 1-2 minutes.

Heat a skillet on medium-high heat and add the Grape Seed Oil. Lower the heat to medium and sauté the chopped vegetables with the herbs and spices for 2-3 minutes.

Add the cooked pasta into the skillet and toss to coat evenly with the sautéed vegetables. Pour the Vegan Nut Cheese Sauce and toss in the skillet for a minute to evenly coat the noodles with the sauce. Serve warm.

Nutritional Values: Calories: 446, Fat: 30.1g, Carb: 42.4g, Protein: 14.5g, Fiber: 12.8g, Sugar: 22.7g, Cholesterol: 0mg, Sodium: 516mg

8.11 Take-Out Squash Chips

Preparation Time: 10 minutes

Cooking Time: 15 minutes | Serves: 6

Ingredients:

Butternut Squash, ½ piece

Onion, ½ piece, chopped

Grape Seed Oil, 3 tablespoons

Sea Salt, 1 teaspoon

Onion Powder, 1 teaspoon

Cayenne Pepper, 1 teaspoon

Procedure:

Trim off the ends, deseed with a spoon and peel the butternut squash. Cut the squash from the neck. Slice the body and the neck lengthwise. Slice the body into ½ inch length sticks. Chop the onion and set aside.

Heat the Grape Seed Oil in a skillet over high heat. Add the onion and the prepared Butternut Squash into the skillet. Lower the heat to a medium-flame and cook for 8-10 minutes or until the squash has become golden-brown. Transfer onto a plate and season with the spices. Toss to coat evenly.

Serve with any of the sauces found in Chapter 7 of this book.

Nutritional Values: Calories: 459, Fat: 42.5g, Carb: 24.5g, Protein: 2.5g, Fiber: 4.6g, Sugar: 6.5g, Cholesterol: 0mg, Sodium: 478mg

8.12 Vegetable Protein Bowl

Preparation Time: 15 minutes

Cooking Time: 20 minutes | Serves: 8

Ingredients:

Quinoa, 4 cups, cooked

Zucchini, 1 medium-sized piece, chopped

Bell Peppers, ¾ cup, chopped

Plum Tomato, 1 medium-sized piece, diced

Onion, ½ cup, diced

Spring Water, ½ cup

Grape Seed Oil, 2 tablespoons

Onion Powder, 1 tablespoon

Sea Salt, 2 teaspoons

Fresh Oregano Leaves, 1 teaspoon

Fresh Basil Leaves, 1 teaspoon

Cayenne Pepper, ½ teaspoon

Procedure:

Heat the Grape Seed Oil in a large skillet over high heat.

Sauté all the chopped vegetables and add the herbs and spices in the heated skillet for 8-10 minutes.

Add the Spring Water and carefully pour in the cooked Quinoa. Cook for an additional five minutes. Stir to coat the quinoa grains and distribute them evenly. Serve warm.

Nutritional Values: Calories: 2899, Fat: 70.3g, Carb: 470.6g, Protein: 102.7g, Fiber: 56.4g, Sugar: 16.4g, Cholesterol: 0mg, Sodium: 1027mg

8.13 Squashy Salisbury Steaks

Preparation Time: 30 minutes

Cooking Time: 20 minutes | Serves: 2 servings

Ingredients:

Zucchini, 3 medium-sized pieces

Chickpea Flour, ½ cup

Hemp Milk, ¼ cup (see recipe in Chapter 6 to make your own)

Scallions, ¼ cup, diced

Onions, ¼ cup, diced

Grape Seed Oil, 2 tablespoons

Sea Salt, 1 teaspoon

Onion Powder, 1 teaspoon

Fresh Parsley, 1 teaspoon

Cayenne Pepper, ½ teaspoon

Procedure:

Use a grater to shred the Zucchini, or alternatively, use a grater attachment of a food processor to shred the Zucchini. Once all the Zucchini has been shredded, you may use a piece of cheesecloth to strain the grated Zucchini. Be sure to squeeze out all the moisture from it.

Into a bowl, add the grated Zucchini, the Hemp Milk, Chickpea Flour, Onions and the herbs and spices. Mix until well combined.

Heat the Grape Seed Oil in a large skillet over a medium flame. Scoop 1/3rd cup portions of the zucchini mixture into the heated skillet and use a spatula to flatten the mixtures. Cook for 3 to 5 minutes per side or until each side is golden-brown. Transfer to a serving platter and serve warm.

Nutritional Values: Calories: 658, Fat: 39.4g, Carb: 61.5g, Protein: 23.7g, Fiber: 14.4g, Sugar: 24.4g, Cholesterol: 0mg, Sodium: 659mg

8.14 Savory Banana Mash

Preparation Time: 10 minutes

Cooking Time: 30 minutes | Serves: 6

Ingredients:

Bananas, 8 pieces, green. (Burro variety If you can obtain it)

Hemp Milk, 1 cup (see Chapter 6 on how to make your own home-made version)

Scallions, ¼ cup diced

Spring Water, 1 cup

Sea Salt, 2 teaspoons

Onion Powder, 2 teaspoons

Procedure:

Trim the ends and peel the Bananas. Add them into the bowl of a food processor, together with the Hemp Milk and the herbs and spices. Pulse or

puree until it reaches a smooth consistency, about 2 minutes. If the mixture is quite thick, you may thin with the Spring Water. If you do not have a food processor, you may do this by hand, although it may take longer.

Pour the puree into a saucepan heated on low heat and add the scallions. Cook for 30 minutes. The mixture may thicken once more, and if this happens, simply add more Spring Water to thin the mixture. Add into a bowl and serve warm on its own or with the gravy recipe in this chapter.

NOTE: If you find that the bananas are too pricey or are out of season, you may use cooked chickpeas as a suitable substitute.

Nutritional Values: Calories: 975, Fat: 10.2g, Carb: 228.3g, Protein: 16.2g, Fiber: 26.5g, Sugar: 123.7g, Cholesterol: 0mg, Sodium: 1054mg

8.15 Basic Baked Beans

Preparation Time: 10 minutes

Cooking Time: 1 hour, 20 min | Serves: 6

Ingredients:

Red Tomatoes, 6 medium-sized pieces

Chickpeas, 3 cups, cooked

Bell Peppers, ¼ cup, diced

Onions, ¼ cup, diced

Date Syrup, ½ cup (see recipe in Chapter 6 to make your own)

Agave Syrup, 3 tablespoons

Onion Powder, 2 teaspoons

Sea Salt, 2 teaspoons

Ginger, Ground, ½ teaspoon

Cayenne Pepper, ¼ teaspoon

Cloves, 1/8 teaspoon or a pinch

Procedure:

Into a blender jar, add the diced tomatoes, date syrup, agave syrup and the spices and blend until it becomes smooth.

Heat a saucepan. Once heated, add the tomato puree with the cooked chickpeas, and chopped bell peppers and onions and cook on a medium flame for 20 minutes. Stir occasionally to prevent sticking at the bottom of the pan.

Reduce the flame to low and allow to simmer for an hour. Serve warm.

Nutritional Values: Calories: 2470, Fat: 36.6g, Carb: 428.3g, Protein: 123.2g, Fiber: 112.5g, Sugar: 110.6g, Cholesterol: 0mg, Sodium: 1146mg

8.16 Mediterranean Quinoa Bowl

Preparation Time: 10 minutes

Cooking Time: 22 minutes | Serves: 4

Ingredients:

Quinoa, 1 ½ cups, rinsed

Spring Water, 3 cups

Kalamata Olives, ½ cup, pitted

Cucumber, ½ cup, chopped

Red Tomatoes, ½ cup, halved

Fresh Parsley, ½ cup, chopped

Fresh Dill, ½ cup, chopped

Bell Pepper, 1 piece, diced

Red Onion, ½ piece, diced

Olive Oil, 4 tablespoons

Sea Salt, 3 teaspoons

Procedure:

Rinse the quinoa in a saucepan before you cook it according to package instructions. You may need to rinse the quinoa more than once to ensure cleanliness of the quinoa before you add the water to cook it.

Once you have added the Spring Water, bring the quinoa to a boil. Stir frequently to prevent clump formation in the quinoa grains. Lower the heat and allow the quinoa to simmer for 22 minutes or until the liquid has been fully absorbed.

While the quinoa simmers, add the rest of the ingredients into a bowl. Once the quinoa has fully cooked, toss the quinoa through the vegetables until it has been evenly distributed. Adjust your seasonings. Serve.

Nutritional Values: Calories: 1778, Fat: 88g, Carb: 210.7g, Protein: 47.7g, Fiber: 29.2g, Sugar: 16.2g, Cholesterol: 0mg, Sodium: 3021mg

8.17 Alkaline Vegetable Maki

Preparation Time: 40 minutes

Cooking Time: 1 h 30 mins | Serves: 4 Rolls

Ingredients:

Spring Water, 4 cups

Wild Rice, 1 cup, uncooked

Enoki Mushrooms, ½ cup, washed

Sesame Oil, 2 tablespoons

Ginger, 2 tablespoons, freshly grated

Sesame Seeds, 1 tablespoon (optional, for garnish)

Sea Moss Gel, 1 tablespoon (optional)

Sea Salt, 2 teaspoons

Agave Nectar, 1 teaspoon

Avocado, 1 medium sized piece

Mango, 1 medium sized fruit

Cucumber, 1 medium sized piece

Figs, 4 pieces, pitted and soaked for 4 hours

Nori Sheets, 3 pieces

Procedure:

Prepare the Sushi Rice: Thoroughly rinse the wild rice in cold water and into a pot, add the rinsed rice, salt, and water and stir to combine. Heat until it reaches a boil. Cover the rice with a lid and lower the heat. Allow to simmer for 45-55 minutes or until the wild rice grains burst open. Remove from the heat and season with the sesame oil and stir the rice once more.

Prepare the filling: Julienne the avocado, mango and the cucumber and set aside.

Prepare the roll: This is made easier with the aid of a tatami mat, which you can purchase from an Asian grocery. Lay the nori sheet on the tatami mat and spread the rice to 1/3-inch thickness. Do not spread until the edge of the sheet otherwise the rice will be squeezed out once you roll. On the top edge of the rice, arrange the mushrooms, mango, cucumber and avocado, so that they are arranged across the top of the roll lengthwise.

Start from the top edge of the nori sheet and roll the sheet over the filling and the rice to make the roll. Moisten the end of the nori sheet to seal the roll. Repeat this with the other three sheets to make the rolls.

Prepare the Sauce: Add the Ginger, Agave Nectar and Figs into the bowl of a food processor and pulse until they reach a smooth consistency. Use as a dip for your roll.

Nutritional Values: Calories: 1747, Fat: 74.8g, Carb: 250.9g, Protein: 38.9g, Fiber: 41g, Sugar: 97.1g, Cholesterol: 0mg, Sodium: 1022mg

8.18 Zucchini Burrito with Kale Salsa Verde

Preparation Time: 10 minutes

Cooking Time: 20 minutes | Serves: 8

Ingredients:

Zucchinis, 2 medium sized pieces

Fresh Basil, 1 cup, washed

Kale, 1 ½ cups

Baby Lettuce Leaves, 1 cup

Watercress Leaves, 1 cup

Avocado Oil, 2 tablespoons

Olive Oil, 3 tablespoons

Sesame Paste (Tahini), 2 tablespoons (see Chapter 6 on how to make your own)

Bell Pepper, 1 whole, julienned

Avocado, 1 whole, sliced thinly

Procedure:

Slice the zucchini lengthwise and season with the avocado oil and salt.

Heat a skillet over a medium flame and sauté the sliced zucchini for two minutes. Transfer to a plate and allow to cool.

Prepare the Salsa Verde: Into the bowl of a food processor or jar of a blender, add the basil, kale, olive oil and sesame paste and blend on low for a few minutes or until smooth.

Prepare the Burrito: Spread the pesto on each strip of zucchini and arrange with the lettuce and watercress. Add the bell pepper strips and the avocado. Roll the zucchini strips to make the burrito. Serve immediately.

Nutritional Values: Calories: 1272, Fat: 118.5g, Carb: 56.4g, Protein: 17.5g, Fiber: 24.5g, Sugar: 14.8g, Cholesterol: 0mg, Sodium: 139mg

8.19 Zucchini Noodle Ramen

Preparation Time: 30 minutes

Cooking Time: 50 minutes | Serves: 5

Ingredients:

Zucchini, 2 cups, spiralized

Button Mushrooms, 2 cups, chopped

Portobello Mushrooms, 2 cups, sliced

Butternut Squash, 2 cups, cubed

Scallions, 1 cup, diced

Spring Water, 4 cups

Wood Ear Mushrooms, ½ cup

Okra, 1 cup, sliced into rounds

Cilantro, 4 tablespoons, freshly chopped

Onion, ½ piece, diced

Grape Seed Oil, 1 teaspoon

Cayenne Pepper, 1 teaspoon

Sesame Seeds, 1/3 teaspoon

Sea Salt, 2 tablespoons

Sesame Oil, 2 tablespoons

Nori Sheet, ¼ cup, shredded

Procedure:

Preheat an oven to 375 degrees Fahrenheit.

Prepare your Vegetable Broth: Heat the Grape Seed Oil in a stockpot and add the button mushrooms, chopped onion, scallions, and cilantro. Sauté for two minutes or until the vegetables begin to soften.

Add the water, dried wood ear mushrooms, cayenne pepper, sesame seeds and salt. Stir vigorously as this helps remove the caramelized bits called the fond from the bottom of the pot. This adds a savorer flavor to your vegetable broth. Bring the broth to a boil and reduce the heat. Allow to simmer for half an hour.

In a bowl, season the okra, butternut squash and sliced Portobello mushrooms with the sea salt and sesame oil and toss until all the vegetables are coated with the oil and salt. Spread these in a single layer on a greased cookie sheet. Bake in the preheated oven for 20 minutes or until softened.

Assemble the ramen: Add the baked vegetables into the base of the bowl and layer the zucchini noodles on top. You may opt to use spelt-grain noodles from Chapter 6 if you choose to. Pour the broth to cook the noodles slightly. Garnish with the shredded nori and serve immediately.

Nutritional Values: Calories: 794, Fat: 33.7g, Carb: 115g, Protein: 17.3g, Fiber: 17.4g, Sugar: 18.2g, Cholesterol: 0mg, Sodium: 2987mg

8.20 Thai-Style Fonio Salad

Preparation Time: 8 minutes

Cooking Time: 18 minutes | Serves: 4

Ingredients:

Fonio or millet, 1 cup

Coconut Milk, 1 ½ cup

Spring Water, ½ cup

Onion, ½ cup, diced

Scallions, ¼ cup, chopped

Bell Pepper, 1 whole, diced

Coriander Leaves, 1 teaspoon

Ginger, 2 teaspoons, freshly grated

Sage, 1 teaspoon

Cayenne Pepper, ½ teaspoon

Onion Powder, ½ teaspoon

Sea Salt, ½ teaspoon

Procedure:

Place the fonio in a large strainer and rinse thoroughly with cold water. Set aside.

Heat the coconut milk and the spring water in a pot. Once it begins to bubble steadily, add all the ingredients except for the fonio.

Cook the fonio separately in another pot. This takes five to eight minutes. Add into the other pot and stir until well combined. Allow to rest for five minutes and remove from the heat. Fluff the cooked fonio with a fork and serve.

Nutritional Values: Calories: 1680, Fat: 95.1g, Carb: 186.5g, Protein: 34.2g, Fiber: 31.5g, Sugar: 19.9g, Cholesterol: 0mg, Sodium: 341mg

8.21 Chestnut Mushroom Kamut-Grain Pasta Salad

Preparation Time: 8 minutes

Cooking Time: 36 minutes | Serves: 6

Ingredients:

Kamut-Grain Pasta, 1 cup, uncooked (You may use the Spelt-Grain Pasta in Chapter 6)

Grape Seed Oil, ¼ cup

Cremini Mushrooms, ¼ cup, chopped

Fresh Parsley, ½ cup, chopped

Fennel Bulb, 1 piece, sliced

Sea Salt, 1 ¼ tablespoon

Lime Zest, 1 tablespoon

Lime Juice, from 1-2 limes

Cayenne Pepper, ½ teaspoon

Procedure:

Fill 3/4ths of a saucepan with water and season liberally with a tablespoon of sea salt and allow it to boil until fully dissolved.

Add the Kamut-Grain Pasta or the Spelt-Grain Pasta into the seasoned water and cook until al dente, at least 6-8 minutes. Drain and rinse briefly to stop the cooking process. Save some of the pasta water.

Heat the Grape Seed Oil in a skillet. Once heated, sauté the mushrooms and fennel for 3 minutes until softened. Season with the cayenne pepper and ½ teaspoon of sea salt. Cook for one minute.

Add the cooked pasta into the skillet. Add the parsley, lime zest and lime juice onto the pasta. Add the pasta water if needed. Toss to evenly coat the noodles with the herbs and lime juice and zest and serve warm or chilled.

Nutritional Values: Calories: 1546, Fat: 62.1g, Carb: 223.5g, Protein: 49.8g, Fiber: 29.6g, Sugar: 7.5g, Cholesterol: 0mg, Sodium: 697mg

8.22 Wild Rice Risotto with Musk Melon

Preparation Time: 5 minutes

Cooking Time: 37 minutes | Serves: 4

Ingredients:

Wild Rice, 1 ½ cups, uncooked

Spring Water, 4 1/3 cups

Musk Melon, 1 cup, cubed

Lime Juice, 4 tablespoons

Grape Seed Oil, 3 tablespoons

Onion, 1/2 piece, diced

Sea Salt, 2 teaspoons

Procedure:

Heat the Grape Seed Oil in a skillet and sauté the onions for 3-4 minutes or until translucent and aromatic.

Add the wild rice, lime juice and 1/3 cup water into this skillet and cook. Stir continuously for five minutes as you would a traditional risotto. Season with salt and add the rest of the water. Allow to cook for 12 more minutes or until the liquid has been fully absorbed before you add the cubed musk melon. Allow to cook until the melon has been sufficiently heated.

Take off from the heat and pour onto a serving plate. Serve warm.

Nutritional Values: Calories: 1546, Fat: 62.1g, Carb: 223.5g, Protein: 49.8g, Fiber: 29.6g, Sugar: 7.5g, Cholesterol: 0mg, Sodium: 697mg

8.23 Floral Quesadillas

Preparation Time: 20 minutes

Cooking Time: 20 minutes | Serves: 4

Ingredients:

Chickpea Flour, 1 cup

Vegan Nut Cheese, 1 cup (see recipe in Chapter 6 to make your own)

Izote Petals, 1 cup

Spring Water, 1 ½ cups

Sea Salt, ½ teaspoon

Grape Seed Oil, 2 tablespoons

Procedure:

Prepare the tortillas. If you wish you can see the recipe in Chapter 6 to make your own tortillas. You may prepare the tortillas ahead of time. Be sure to store these with a sheet of wax paper in between to prevent the

tortillas from sticking to each other. Prepare the receptacle of a food processor with a mixer or blender paddle attachment and add the chickpea flour, spring water and salt. Blend until it forms a runny batter. Once it reaches this consistency, set aside.

Heat the Grape Seed Oil in a skillet on high heat. Pour four tablespoons worth of the batter onto the heated skillet and cook until the edges are bubbly. This will take three minutes. Once it has set, flip the tortilla, and cook the other side until the tortilla has fully set. Repeat to make more.

Assemble the Quesadillas: On the set tortillas, slather the Vegan Nut Cheese onto one side of the tortillas. Set aside. Rinse the Izote Petals and pat dry. Spread these onto the prepared tortillas and cover with another tortilla. Slice. You may broil these if you wish, but the cheese is already melted enough, so any additional cooking may be unnecessary.

Nutritional Values: Calories: 706, Fat: 41.3g, Carb: 64.6g, Protein: 23.1g, Fiber: 12.2g, Sugar: 13.2g, Cholesterol: 0mg, Sodium: 582mg

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8.24 Millet Tabbouleh

Preparation Time: 5 minutes

Cooking Time: 15 minutes | Serves: 6

Ingredients:

Fonio, 1 cup, uncooked

Spring Water, 2 cups

Red Onion, ½ piece, sliced

Lime Juice, 4 tablespoons

Red Tomatoes, 2 whole pieces

Olive Oil, 2 tablespoons

Olives, Brined, 10 pieces halved

Cucumber, 1 medium piece, chopped or sliced

Sea Salt, 1 teaspoon

Fresh Basil, 1 cup

Procedure:

In a small bowl, add the sliced red onion with the lime juice and allow to sit. Expect that there will be a change in the color in the onions. This is an effect of the lime juice.

Heat a saucepan filled with the Spring Water over a medium to a medium-high flame. Cook the fonio and stir until all the liquid has been fully absorbed. The entire process may take four minutes. Once the liquid has been fully absorbed, remove from the heat, and allow to cool.

Transfer the red onion-lime juice mixture into a serving bowl and add all the ingredients except for the cooked fonio. Toss to combine well. Add the

cooked fonio and toss further until the salad has been well combined. Serve.

Nutritional Values: Calories: 1151, Fat: 40.3g, Carb: 173.1g, Protein: 27.5g, Fiber: 23.9g, Sugar: 11.9g, Cholesterol: 0mg, Sodium: 809mg

8.25 Under the Sea Spiced Noodles

Preparation Time: 3 minutes

Cooking Time: 8 minutes | Serves: 4

Ingredients:

Kelp Noodles, 2 cups, rinsed in warm water

Amaranth Leaves, 3 cups

Fresh Basil, 1/3 cup, shredded

Olive Oil, 2 tablespoons

Tahini (Sesame Paste), 2 tablespoons (see Chapter 6 on how to make your own)

Cayenne Pepper, 1 teaspoon (adjust according to your spice tolerance)

Ground Ginger, 1 teaspoon

Red Onion, ½ piece, sliced

Cucumber, ½ piece, sliced

Bell Pepper, 1 whole, any color, julienned

Sesame Seeds for garnish

Procedure:

Prepare the dressing in a small bowl. Add the ground ginger, tahini, olive oil, and cayenne pepper and whisk vigorously until the dressing has fully emulsified. Set aside.

In a serving bowl, add all the ingredients and toss until fully combined. Season with the dressing and toss once more until all the noodles are coated with the dressing. Adjust your seasonings. Serve immediately.

Nutritional Values: Calories: 618, Fat: 49.7g, Carb: 38.3g, Protein: 11.8g, Fiber: 16.6g, Sugar: 8.1g, Cholesterol: 0mg, Sodium: 342mg

8.26 Butternut Squash with a Sesame Crust and a Tropical Citrus Sauce

Preparation Time: 15 minutes

Cooking Time: 50 minutes | Serves: 4

Ingredients:

Chickpea Flour, 1/3 cup

Spring Water, ½ cup

Sesame Seeds, ½ cup

Mango, 1 cup, diced

Chia Seeds, 2 tablespoons, ground

Sesame Oil, 1 tablespoon

Agave Nectar, ½ tablespoon

Grape Seed Oil, 1-2 tablespoons

Ginger, 2 tablespoons, freshly grated

Garlic Powder, 1 teaspoon

Cayenne Pepper, ½ teaspoon

Red Onion, ½ piece, diced

Orange Juice, freshly squeezed

Butternut Squash, 1 whole, seeded and sliced into wedges or halves.

Procedure:

Preheat an oven to 375 degrees Fahrenheit, Prepare a cookie sheet and line with grease-proof paper and grease with some grape seed oil. Set aside.

In a bowl, add the chia seeds and water. Let rest for 6-12 minutes or until the chia seeds have formed a gel.

In another bowl, add the chickpea flour and garlic powder and stir until well incorporated.

In another bowl, add the agave syrup, sesame oil, and sesame seeds and stir with a fork until well combined. The three bowls are your breading station. Arrange with the flour mixture first, followed by the gelled chia mixture and then the bowl with the sesame oil and seeds.

Bread your butternut squash by dredging it into the chickpea flour mixture and shake off the excess flour. Then dip it into the gelled chia mixture and roll next in the sesame seeds. Repeat until all the butternut squash has been coated with the sesame seeds.

Arrange in a single layer on the prepared cookie sheet and make sure that they are evenly spaced. Do not let them touch each other. Bake the squash in the preheated oven for 22-28 minutes or until the crust becomes crispy, and the squash feels cooked.

While the squash bakes, prepare the tropical citrus sauce: Heat the grape seed oil in a skillet. Sauté the mango, red onion, freshly grated ginger, and the cayenne pepper on high heat until aromatic. Pour the orange juice and agave syrup into the skillet and stir until well mixed. Allow the sauce to cook for three to five minutes or until it has sufficiently thickened to form a dipping sauce.

Pour into a bowl and serve with the baked squash.

Nutritional Values: Calories: 1324, Fat: 90.6g, Carb: 124.3g, Protein: 30.7g, Fiber: 30.1g, Sugar: 54.5g, Cholesterol: 0mg, Sodium: 42mg

8.27 Grilled Prickly Pear and Portobello Steaks

Preparation Time: 10 minutes

Cooking Time: 24 minutes | Serves: 4

Ingredients:

Prickly Pear Paddles (Nopales), 6 paddles (see Chapters 1 and 3 on how to find and harvest)

Portobello Mushrooms, 4 pieces

Ground Ginger, 2 tablespoons

Sea Salt, 1 tablespoon

Cayenne Pepper, 2 teaspoons

Grape Seed Oil, 4 tablespoons

Agave Nectar, 2 tablespoons

Lime Juice, 4 teaspoons

Procedure:

Preheat a grill. Be sure to ensure that the grill is non-stick so you would have ease when you grill.

In a wide and shallow bowl, combine the sea salt, ground ginger and cayenne pepper. Set aside.

Prepare the paddles. With a paring knife, peel the rough part of the skin. You may want to use gloves for this step to ensure that you do not get pricked by the thorns. Once the paddles have been peeled, rub them with the agave nectar.

Prepare the mushrooms. Cut off the stems of the Portobello mushrooms. Rinse the mushrooms and pat them dry. Brush the paddles and the mushrooms with the Grape Seed Oil, then dredge them in the wide bowl with the prepared spice mix.

Grill on medium-low flame for two to three minutes. Expect that the paddles will soften. Turn to grill on the other side for an additional two minutes. Allow the grilled steaks to rest. Drizzle with lime juice and serve.

Nutritional Values: Calories: 712, Fat: 57.5g, Carb: 48.1g, Protein: 16.2g, Fiber: 11.9g, Sugar: 18.8g, Cholesterol: 0mg, Sodium: 1452mg

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8.28 Spiced Alkaline Fajitas

Preparation Time: 30 minutes

Cooking Time: 1 hour, 40 minutes | Serves: 4

Ingredients:

Lime Juice, from 1 fruit

Grape Seed Oil, 3 cups

Cumin, 2/3 tablespoon

Sea Salt, ½ tablespoon

Agave Nectar, 1 tablespoon

Bell Peppers, 1 ½ pieces, trimmed, cleaned, seeded, and halved

White Onion, 1 whole, peeled, and halved

Portobello Mushrooms, 2 pieces, brushed and stem removed

Zucchinis, 2 medium pieces, cut into lengthwise strips

Habanero Peppers, 2 pieces, cleaned and halved (you may leave the seeds on for added spice, if you want less spice, remove the membrane from the inside part of the peppers. Use gloves when you do this. Do NOT touch your eyes)

Spelt Flour, 2 1/8 cups

Sea Salt, 2 teaspoons

Spring Water, 1 cup, warmed

Procedure:

In a bowl, whisk together the cumin, lime juice, 1/3 cup grape seed oil, sea salt and agave nectar, until well combined.

Add the zucchini, bell peppers, onions, mushrooms, and habanero peppers into the bowl and gently toss to coat everything in the marinade. Set this in a refrigerator to marinate for at least an hour.

Once the vegetables have been fully marinated, bring them to room temperature while a grill preheats on a medium-high flame. If you do not have a grill, you may sauté the vegetables in a preheated skillet.

If using a grill, grill all the vegetables for two to three minutes on each side or until they begin to char or caramelize. Set aside to cool and slice into thin strips and allow to cool some more.

Prepare the tortillas, or you can use the recipe from Chapter 6 of this book. If using this recipe, sift the spelt flour and salt together in a mixing bowl. Add 3 tablespoons of the grape seed oil into the bowl and with a pastry cutter or fork, cut this into the flour and salt mixture. The mixture should resemble pea-sized clumps. Slowly add water until you can form a ball of dough. Knead with the ball of your hand for two minutes or until the dough is well formed and bounces back once poked.

Allow the tortilla dough to rest in the bowl, covered for 20 minutes. Once fully rested, portion the dough into 8 balls.

Dust a work surface with some spelt flour and roll out the dough. Try to lessen the amount of touching in this step as the tortilla may become sticky if handled too much. If you have a tortilla press, you may use this instead and flatten the portioned dough in between sheets of wax paper. If using a tortilla press, press, and peel off the tortilla from the paper and set on a plate. Keep the tortillas separated with a sheet of wax paper to prevent sticking.

Once all the dough has rolled out, heat 2 tablespoons of Grape Seed Oil in a skillet. Season the tortillas with salt and cook in the skillet for 30 seconds on each side or until bubbly. Flip and cook the other side for another 30 seconds.

Fill with the grilled vegetable strips and top with the Vegan Nut Cheese, Diced Avocados and Pico De Gallo (Chilies and Onions, finely diced).

Nutritional Values: Calories: 6320, Fat: 676.8g, Carb: 117.4g, Protein: 20g, Fiber: 20.7g, Sugar: 32g, Cholesterol: 0mg, Sodium: 1478mg

8.29 Genovese Quinoa Pasta with Sun-Dried Tomatoes

Preparation Time: 10 minutes

Cooking Time: 34 minutes | Serves: 4

Ingredients:

Quinoa Pasta, 2 cups, uncooked (You may use the Alkaline Grain Pasta in Chapter 6 if you wish)

Spring Water, 4 cups

Olive Oil, ½ cup

Amaranth Leaves, 2 cups, packed

Basil Leaves, 2 cups, packed

Walnuts, ½ cup

Sea Salt, 1 teaspoon

Agave Nectar, 1 teaspoon

Lime Juice, 2 tablespoons

Grape Seed Oil, 2 tablespoons

Red Onion, 1 cup, sliced

Sun Dried Red Tomatoes, 1 cup, sliced (be careful, Cherry and Red Tomatoes are not approved by Dr. Sebi)

Procedure:

Boil the Spring Water in a large pot and season with some salt. Once it reaches a full boil, cook the pasta. Because this is quinoa based, it may take longer than conventional pasta, and expect that this will take 14 minutes until it becomes al dente. Take care not to overcook the pasta so test frequently.

Save some of the pasta water. Drain and rinse the pasta in cold water. Set aside in a serving bowl.

Prepare the Pesto: Add all the Amaranth and Basil Leaves, Olive Oil, Walnuts, Sea Salt, and Lime Juice into the receptacle of a food processor or a jar of a blender. Blend until the mixture forms a smooth paste. Set aside.

Heat Grape Seed Oil in a skillet and sauté the sliced onion and the sun-dried Red Tomatoes for two minutes. Stir them into the bowl of pasta. Add in the pesto and stir to evenly coat the noodles with the pesto. Heat the pasta in a skillet while you do so. Serve warm and top with the basil as a garnish.

Nutritional Values: Calories: 2727, Fat: 191.6g, Carb: 239.9g, Protein: 43.8g, Fiber: 27g, Sugar: 21.4g, Cholesterol: 0mg, Sodium: 833mg

8.30 Alkaline Southern Biscuits and Gravy

Preparation Time: 20 minutes

Cooking Time: 1 hour, 5 minutes | Serves: 6

Ingredients:

Brazil Nut Milk, ¼ cup

Lime Juice, from 2 limes

Spelt Flour, 1 ½ cups, sifted

Sea Salt, ½ teaspoon

Sea Moss Gel, 1 tablespoon

Sparkling Water, 6 tablespoons

Agave Nectar, 1 tablespoon

Grape Seed Oil, ½ cup

Spring Water, 2 ½ cups

Cremini Mushrooms, 1 cup, chopped

Yellow Onion, ½ piece, diced

Chickpea Flour, 3 tablespoons

Thyme Leaves, 1 teaspoon

Savory Leaves, 2 teaspoons

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Line a muffin tray with paper liners and grease with Grape Seed Oil. Set aside.

In the receptacle of a food processor, blend the nut milk and the lime juice. Allow to sit in the bowl for 15 minutes. Season with salt and the sea moss gel and blend until well combined.

In a mixing bowl, add the spelt flour. Pour in the nut milk mixture and stir until the mixture is well combined. Add ¼ cup of the grape seed oil and the sparkling water into the mix until well combined.

Pour the batter into the pre-lined muffin tray and bake for 35-38 minutes. They will turn golden brown on top. They are baked when a skewer inserted into the center of the biscuit comes out clean. Remove from the trays and allow to cool.

Prepare the gravy: Heat two teaspoons of the Grape Seed Oil in a skillet and sauté the mushrooms and onions until they have softened. Season with the salt, thyme, and savory. Stir once more and allow to cook for five more minutes.

Add 2 ½ cups of water and mix well. Bring to a boil. Add the chickpea flour into the gravy and whisk vigorously to prevent lumps. Boil and allow to cook until it has thickened. Adjust the seasoning, adding more salt and herbs if needed.

Serve over the biscuits and enjoy.

Nutritional Values: Calories: 963, Fat: 47.1g, Carb: 121.6g, Protein: 18.6g, Fiber: 18.2g, Sugar: 39.1g, Cholesterol: 0mg, Sodium: 304mg

8.31 Kamut-Grain Steaks with Winter Squash Puree

Preparation Time: 20 minutes

Cooking Time: 1 hour | Serves: 5

Ingredients:

Kabocha Squash, 1 whole

Grape Seed Oil, 2 ½ tablespoons

Sea Salt, 2½ teaspoons

Kamut, 3 cups, cooked

Hemp Milk, ½ cup (see recipe in Chapter 6 on how to make your own)

Bell Peppers, 1 cup, diced

Oregano Leaves, 2 tablespoons

Yellow Onion, 1 cup, diced

Dried Basil Leaves, 1 tablespoon

Onion Powder, 1 teaspoon

Chickpea Flour, 1 cup

Procedure:

Preheat an oven to 400 degrees Fahrenheit. Grease a cookie sheet with Grape Seed Oil and line with Grease-proof paper. Set aside.

Halve the Kabocha Squash and scoop out the seeds. You may discard these seeds or keep them for a snack if you wish. Arrange the halved squash on the prepared baking sheet, cut side down. Brush the flesh with 2/3 teaspoons of Grape Seed Oil and season with ½ teaspoon Sea Salt. Rub all over the squash to distribute evenly. Bake for 46-60 minutes or until tender. To know if it is tender, a fork should be able to pierce the flesh of the squash.

While the squash bakes, prepare the Kamut Steaks. In a mixing bowl, add the Kamut Grain, Hemp Milk, Diced Bell Peppers and Onions, the Herbs and Seasonings, and ½ cup of the Chickpea Flour. Mix well. Add more Chickpea flour gradually until a stiff batter forms. You may not use all the chickpea flour in this case.

Heat Grape Seed Oil in a skillet on a medium-high flame. Pour ½ cup portions of the Kamut steaks onto the heated skillet and flatten into a patty with the help of a spatula. Cook for five minutes on each side until they reach a light golden-brown color. Repeat with the remainder of the batter. Transfer to a serving platter and set aside.

Prepare the puree: Scoop the baked squash into a bowl and with a potato masher, potato ricer, a food mill, or a fork, mash them. If you are not up to the mashing or pureeing, you may simply slice the squash. Serve with the Kamut Steaks.

Nutritional Values: Calories: 1864, Fat: 46.3g, Carb: 303g, Protein: 67.1g, Fiber: 56.8g, Sugar: 42.6g, Cholesterol: 0mg, Sodium: 1292mg

8.32 Green Coconut Rice

Preparation Time: 5 minutes

Cooking Time: 40 minutes | Serves: 6

Ingredients:

Wild Rice, 2 cups, uncooked

Spring Water, 3 cups

Coconut Milk, 2 cups (see recipe in Chapter 6 on how to make your own)

Kale, 2 cups, chopped

Lime Juice, from 2 limes

Sea Salt, 1/3 teaspoon

Procedure:

Cook the wild rice in accordance with package instructions. Cover the pot it is cooked in and allow to simmer.

After 15 minutes, add the coconut milk and chopped kale. Stir until well combined and allow to cook for another 15 minutes.

Remove from the heat and season with the lime juice and sea salt. Stir to combine and fluff up the rice. Serve warm.

Nutritional Values: Calories: 2334, Fat: 118g, Carb: 287.7g, Protein: 62.5g, Fiber: 32.8g, Sugar: 25.5g, Cholesterol: 0mg, Sodium: 332mg

8.33 Quinoa Lettuce Wraps

Preparation Time: 15 min

Cooking Time: 1 hour, 5 min | Serves: 6

Ingredients:

Quinoa, 1 cup, rinsed thoroughly under cold water

Spring Water, 2 cups

Sea Salt, 1 tablespoon divided into two.

Red Tomatoes, 2 pieces, diced

Red Onion, ½ piece, diced

Cumin, 2 teaspoons

Cayenne Pepper, 2 teaspoons

Grape Seed Oil, 1 tablespoon

Red Lettuce, 8 leaves

Avocado, 1 whole, sliced thinly

Lime Juice, 1 teaspoon

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Grease a cookie sheet with some Grape Seed Oil and line with grease-proof paper. Set aside.

In a heated skillet, toast the quinoa seeds for four minutes. Move often so that the seeds do not burn. Add the water to the skillet and season with the salt. Stir until well combined and cover the skillet. Allow to cook for 24-34 minutes and then use a fork to fluff up the quinoa to prevent clumps. Set aside to cool.

In a large bowl, combine the cooked quinoa, the diced tomatoes, red onion, the spices, and seasonings, add the Grape Seed Oil and mix until well combined. Spread this mixture onto the prepared cookie sheet and bake in the preheated oven for 20-32 minutes or until the quinoa is golden brown in color. Remove from the oven and allow to cool slightly.

Rinse the red lettuce leaves and pat dry between sheets of paper towels. Be gentle or you might rip the leaves. Fill these with the prepared quinoa mixture and sliced avocado. Drizzle with lime juice and roll the leaves to form a wrap. Serve immediately.

Nutritional Values: Calories: 1258, Fat: 65.2g, Carb: 147.3g, Protein: 31.9g, Fiber: 30.3g, Sugar: 8.6g, Cholesterol: 0mg, Sodium: 1473mg

8.34 Green Coconut Curry

Preparation Time: 5 minutes

Cooking Time: 18 minutes | Serves: 7

Ingredients:

Grape Seed Oil, 2 tablespoons

Yellow Onion, 1 ½ cups, chopped

Cayenne Pepper, 1 tablespoon

Cumin, 3 teaspoons

Ginger, 1 tablespoon, freshly grated

Sea Salt, 1 teaspoon

Fresh Parsley, 2 tablespoons

Coconut Milk, 2 cups (see recipe in Chapter 6 on how to make your own)

Chickpeas, 2 cups, soaked overnight or until softened

Zucchinis, 2 medium-sized pieces, chopped

Bell Pepper, 1 whole, chopped

Lime Juice, 2 tablespoons

Amaranth Greens, 2 cups

Procedure:

Heat the Grape Seed Oil in a skillet on medium high flame. Sauté the onions until they become translucent and aromatic. Add the spices. You may adjust the spice levels according to your spice tolerance, lessen the amount if you want a milder curry. Add more cayenne if you want a spicier curry. Toast these and allow to cook for a minute until fragrant.

Increase the heat under the skillet and add the parsley, coconut milk, chickpeas, and the chopped bell peppers and zucchinis. Allow this to simmer for 10 minutes or until the vegetables are tender enough to be pierced by a fork. Add the lime juice and the amaranth greens and fold into the mixture gently to prevent spillage. Serve over prepared wild rice for a complete meal.

Nutritional Values: Calories: 3091, Fat: 170.5g, Carb: 331.7g, Protein: 101g, Fiber: 93.8g, Sugar: 77.3g, Cholesterol: 0mg, Sodium: 717mg

8.35 Walnut, Chickpea and Mushroom Chili

Preparation Time: 10 minutes

Cooking Time: 48 minutes | Serves: 8

Ingredients:

Grape Seed Oil, 1 ¼ tablespoons

Quinoa, 1/3 cup, rinsed under cold water

Yellow Onion, 1 cup, chopped

Habanero Pepper, 1 piece, with seeds removed (for a milder chili, remove the inner membrane. Wear gloves when you do this and do not touch your eyes)

Chickpeas, 1 cup, cooked

Spring Water, ½ cup

Dried Basil Leaves, ½ tablespoon

Cayenne Pepper, 2 teaspoons

Onion Powder, 2 teaspoons

Sea Salt, ½ teaspoon

Red Tomatoes, 8 whole pieces, diced

Walnuts, 2 cups, chopped

Cremini Mushrooms, 2 cups, brushed with stems removed

Zucchinis, 2 medium-sized pieces, chopped

Summer Squash, 1 whole piece, chopped

Red Peppers, 2 pieces, chopped

Procedure:

Heat the Grape Seed Oil in a skillet on high and toast the quinoa seeds for two to four minutes until it emits a nutty scent. Continuously move the quinoa seeds to prevent scorching. Into the same skillet, add the chopped onions, bell peppers, and habanero peppers. Adjust these to your desired spice tolerance level. Sauté for two minutes.

Into the skillet, add the chickpeas, water, basil leaves, onion powder, and season with the salt. Stir until well combined.

Add the tomatoes, walnuts, trimmed mushrooms, zucchini, summer squash, and bell peppers. Allow the mixture to come to a boil then reduce to a simmer and allow to cook for 35 minutes or until the squashes are tender enough to be pierced by a fork. Serve warm.

Nutritional Values: Calories: 3009, Fat: 179.8g, Carb: 265g, Protein: 128.4g, Fiber: 76.4g, Sugar: 66.1g, Cholesterol: 0mg, Sodium: 439mg

8.36 Roasted Fennel Bulb with Annatto Spaghetti Squash

Preparation Time: 10 minutes

Cooking Time: 47 minutes | Serves: 4

Ingredients:

Fennel Bulbs, 8 pieces, trimmed of extra skin and leaves and halved

Sesame Oil, 4 tablespoons

Thyme Leaves, 1 teaspoon

Spaghetti Squash, 1 whole piece, with seeds removed, halved

Ground Achiote Seed, 1 tablespoon

Cumin, 1 teaspoon

Kalamata Olives, 6 pieces, brined, pitted, and halved

Procedure:

Preheat an oven to 400 degrees Fahrenheit. Grease a cookie sheet with some Grape Seed Oil and line with Grease-proof paper. Set aside.

In a bowl, add the fennel, 2 tablespoons of sesame oil, salt, and thyme. Toss to evenly coat the fennel with oil, herbs, and seasonings.

In a small bowl, combine the other two tablespoons of sesame oil, the achiote seeds and cumin. Mix well and use a pastry brush to brush the spaghetti squash halves. Arrange the prepared squash on the ends of the prepared baking tray and poke holes in the skin with a knife or fork to prevent the buildup of steam. In between the squash, layer the fennel bulbs and arrange so that all the pieces do not meet each other.

Bake for 30-40 minutes or until the fennel and squash are soft enough to be pierced by a fork. The fennel should also look caramelized. Let the squash

cool slightly after you remove the tray from the oven. At this point, the squash should separate itself into long strands with the help of a fork. Top the spaghetti squash with the roasted fennel and olives. Serve warm.

Nutritional Values: Calories: 1264, Fat: 74.1g, Carb: 154.1g, Protein: 24.7g, Fiber: 60.8g, Sugar: 4g, Cholesterol: 0mg, Sodium: 2445mg

8.37 Garbanzo Nuggets with Dairy-Free Alkaline Cheese Dip

Preparation Time: 30 minutes

Cooking Time: 33 minutes | Serves: 4

Ingredients:

Chia Seeds, ¼ cup

Hemp Seeds, ¼ cup

Quinoa Flakes, ½ cup

Chickpeas, 2 cups, cooked

Chickpea Water, ¼ cup, or Aquafaba (see recipe in Chapter 6 on how to make your own)

Sea Salt, 4 teaspoons

Dill Leaves, ½ teaspoon

Onion Powder, ½ teaspoon

Butternut Squash, 1 cup, cubed and cooked

Walnuts, 1 cup

Spring Water, 1 cup

Cooked Chickpeas, ¼ cup, mashed

Hemp Milk, ½ cup (see recipe in Chapter 6 on how to make your own)

Lime Juice, 3 tablespoons

Cayenne Pepper, ½ teaspoon

Sesame Oil, 3 tablespoons

Procedure:

Preheat an oven to 380 degrees Fahrenheit. Prepare two cookie sheets. Grease both with Grape Seed Oil or Olive oil and line both with Grease-proof paper. Set aside.

Prepare the receptacle of a food processor and add the chia and hemp seeds. Pulse on low to combine them into a coarse powder. Spread this on a prepared cookie sheet. Bake for three to five minutes. Watch carefully as this can burn easily. Remove the tray from the oven and transfer the powdered seeds into a medium-sized bowl. This forms part of your breading station.

Clean the receptacle of the food processor and add the quinoa flakes. Blend until these forms a soft powder. Transfer this into another bowl to.

Clean the receptacle of the food processor once more. Add the 2 cups of chickpeas, 3 teaspoons salt, dill and onion powder and pulse until the chickpeas resemble small crumbs. Leave this mixture in the food processor.

Add the chickpea water or aquafaba into a bowl and whisk vigorously until it foams. Alternatively, if you have a hand mixer or stand mixer with a balloon whisk attachment, use it to beat the aquafaba until it foams. This will never form stiff peaks, so take care not to overbeat this. Add the whipped aquafaba and processed quinoa powder into the chickpea mixture in the food processor. Pulse until it forms into a small ball.

Portion this ball into 12 equally sized pieces and shape according to your preference. Dredge this in the roasted seed mixture earlier and arrange in a single layer, evenly spaced on the other prepared cookie sheet. Bake for 15-20 minutes or until crisp.

Make the dip: In the cleaned food processor receptacle or the jar of a blender, blend the remainder of the ingredients on high until it reaches a smooth consistency. This will form a creamy vegan cheese sauce. Serve with the baked nuggets.

Nutritional Values: Calories: 3629, Fat: 198.3g, Carb: 345.8g, Protein: 152.2g, Fiber: 117.4g, Sugar: 52.8g, Cholesterol: 0mg, Sodium: 2113 mg

8.38 Roasted Tarragon Banana Squash

Preparation Time: 10 minutes

Cooking Time: 30 minutes | Serves: 8

Ingredients:

Banana Squash, 2 pieces, cubed

Zucchinis, 2 medium-sized pieces, chopped

Lime Juice, from 1 lime

Grape Seed Oil, 2 tablespoons

Onion Powder, ½ tablespoon

Tarragon Leaves, 1 teaspoon, ground

Fresh Tarragon, 3 teaspoons, minced

Procedure:

Preheat an oven to 425 degrees Fahrenheit. Grease a cookie sheet with Grape Seed Oil and line with Grease-proof paper. Set aside.

Arrange the Squash and Zucchini onto the prepared tray. Do not stick in the oven yet.

In a small bowl, add the remainder of the ingredients except for the fresh tarragon. Drizzle the mixture over the arranged Squash and Zucchini. You may use a spoon to toss them for an even coating, but if you find this tedious, you may use your hands to toss the vegetables. Be sure to wash your hands after.

Bake for 24-26 minutes or until the squash can be easily pierced with a fork. Sprinkle with the fresh tarragon and serve warm.

Nutritional Values: Calories: 675, Fat: 28.9g, Carb: 108.8g, Protein: 14.5g, Fiber: 22.5g, Sugar: 35.3g, Cholesterol: 0mg, Sodium: 87mg

8.39 Chickpea Burgers with Yucca Fries

Preparation Time: 15 minutes

Cooking Time: 45 minutes | Serves: 6

Ingredients:

Grape Seed Oil, 3 1/8 cups

Sea Salt, 1 tablespoon

Cayenne Pepper, 3 teaspoons

Yucca Root, 2 pounds

Lime Zest

Quinoa, 1 cup, cooked

Chickpeas, 1 cup, cooked

Kale, ½ cup, diced

Onion, 1 cup, diced

Chickpea Flour, ¼ cup

Cumin, 2 teaspoons

Coriander Seed, 1 teaspoon, ground

Butter Lettuce, 6 leaves

Red Tomatoes, 2 pieces, sliced

Avocado, 1 whole, sliced

Procedure:

Heat 3 cups of the Grape Seed Oil in a Dutch Oven or a Cast-Iron Skillet until it reaches 355 degrees Fahrenheit. You may want to use an infrared thermometer to check the temperature, or an oil (not a candy thermometer). Prepare a plate lined with paper towels. Set aside away from the flames.

Prepare the Yucca Fries: Peel the Yucca Root and cut into narrow strips as you would for French fries. With the help of a kitchen spider, lower the prepared strips into the heated oil and cook until crispy. Remove the fries with the kitchen spider, a pair of tongs or a slotted spoon.

Arrange these on the prepared plate lined with the paper towels to absorb extra oil. Once the excess oil has been absorbed by the paper towels, transfer these into a bowl and toss with the lime zest, 2 teaspoons of the cayenne pepper and the sea salt. Set aside.

Prepare the Burgers: Into a large bowl, combine the quinoa, chickpeas, kale, onion, chickpea flour, cumin, ground coriander seeds and a teaspoon of sea salt. Stir until well combined and portion this into 6 patties.

Heat 3 tablespoons of Grape Seed oil in a cast iron skillet and cook the prepared patties on both sides until golden brown. Top these with the lettuce leaves, tomato slices and avocado. Serve warm with Vegan Nut Cheese Sauce in Chapter 7 of this book.

Nutritional Values: Calories: 8469, Fat: 780.1g, Carb: 374.3g, Protein: 82.1g, Fiber: 83g, Sugar: 38.9g, Cholesterol: 0mg, Sodium: 1569mg

8.40 Italian Chickpea Gnocchi with Toasted Walnuts

Preparation Time: 15 minutes

Cooking Time: 40 minutes | Serves: 5

Ingredients:

Chia Seeds, 1 tablespoon, ground

Spring Water, 2 tablespoons, warmed

Spring Water, 4 cups

Chickpea Flour, 1 cup

Onion Powder, 2 teaspoons

Sea Salt, 1 teaspoon

Fresh Basil, ½ cup, shredded by hand

Hummus, 1 cup (see recipe in Chapter 6 on how to make your own)

Grape Seed Oil, 1 tablespoon

Walnuts, 2 tablespoons, chopped

Scallions, 4 pieces, chopped

Procedure:

In a small bowl, mix the chia seeds with two tablespoons of warmed water. Allow the mixture sit. It will thicken naturally.

In a medium-sized pot, boil the four cups of spring water and a teaspoon of sea salt.

Prepare a bowl for your dry ingredients Add the chickpea flour, onion powder, a teaspoon of salt and shredded basil. Stir well to combine.

Add the hummus and the chia mixture to the dry ingredients and stir to make a dough. Roll the chickpea dough into a one-inch-thick log and portion into two-inch pieces. Once portioned, you have the option to roll the gnocchi on a fork to form the ridges needed to hold the sauce. This is an optional step, and not necessary to the completion of the dish, but it does add authenticity to it.

Heat a tablespoon of Grape Seed Oil in a skillet and sauté the scallions and the walnuts until the walnuts have been lightly toasted. Set aside.

Drop the gnocchi into the water and cook for two to four minutes each. Do this in batches and do not let the temperature of the water drop otherwise the gnocchi may become waterlogged and not cook. Transfer the cooked gnocchi into the skillet with the sautéed scallions and walnuts. Cook for three minutes on each side until lightly browned. Serve with your favorite sauce, or you may use the pesto recipe in Chapter 7 of this book.

Nutritional Values: Calories: 1140, Fat: 63.3g, Carb: 106.4g, Protein: 51.5g, Fiber: 37.6g, Sugar: 12.2g, Cholesterol: 0mg, Sodium: 1508mg

8.41 Spelt-Crust Pizza with Alkaline-Based Marinara Sauce and Walnut Cheese

Preparation Time: 30 minutes

Cooking Time: 1 hour | Serves: 2

NOTE: If you wish to speed up the process, you may opt to prepare the Alkaline Marinara Sauce and Vegan Nut Cheese Sauce ahead of time. There are recipes for these individual components in Chapter 6 of this book, or you may opt to follow the recipes for these components in this section. This way, you can easily assemble your pizza for a quick dinner.

Ingredients:

Red Tomatoes, 8 pieces, skinned

Dates, 3 pieces, pitted

Sundried Red Tomatoes, 3 tablespoons

Date Sugar, 1 tablespoon (see Chapter 6 on how to make your own Date Sugar)

Agave Nectar, 1 teaspoon

Onion Powder, 1 teaspoon

Fresh Basil Leaves, 2 teaspoons, chopped

Oregano Leaves, 2 teaspoons, chopped

Sea Salt 1½ teaspoon

Spelt Flour, 2 cups

Sparkling Spring Water, ¾ cup

Grape Seed Oil, 2 ¼ tablespoons

Walnuts, 1 cup, soaked

Spring Water, 1 cup

Lime Juice, from 1 lime

Whole Basil Leaves, 4 tablespoons

Any Vegetables from the Approved Foods List of Dr. Sebi to top the Pizza with

Procedure:

Preheat an oven to 375 degrees Fahrenheit. Prepare a cookie sheet dusted with some spelt flour, or if you have it, a pizza stone. If you are using a pizza stone, set it in the oven and allow to preheat along with the oven. Dust

it with spelt flour before you add the pizza to prevent the crust from sticking to the stone.

Prepare the Alkaline Tomato Sauce: Prepare a blender jar and add the peeled Red Tomatoes, the pitted dates, the sundried Red Tomatoes, date sugar, agave nectar, onion powder, oregano, basil and ½ teaspoon of sea salt. Blend until it reaches a smooth consistency. Pour the contents of the blender jar into a sauce pot and bring to a boil. Reduce the heat and allow the sauce to simmer for 20 minutes. The sauce will naturally thicken on its own, this is an expected occurrence. Once it has simmered for the set time, remove from the heat, and allow to cool.

Prepare the Crust: In a mixing bowl, sift together the Spelt Flour and the Sea Salt. Add 2 tablespoons of Grape Seed Oil. Gradually add the Sparkling Spring Water and stir until it becomes a dough. Mix until it forms a ball. Leave the dough in the bowl, cover it with a towel, and allow the dough to rest for 20 minutes. Set aside.

Prepare the Walnut Cheese Sauce (there is a recipe for Brazil Nut Sauce in Chapter 6 If you would like more variety in your cheese sauce): Prepare a blender jar, from the alkaline tomato sauce, or you may use a food processor if you wish. Add the soaked walnuts, 1 cup of spring water, lime juice and fresh basil leaves into a blender jar or the receptacle of a food processor, and puree until it reaches a smooth consistency. Pour into an airtight container and place in the refrigerator. The cheese sauce will thicken.

Prepare the Pizza Crust: Take out the prepared dough and set on a work surface dusted with spelt flour. Roll it to how thin or thick you want your pizza to be, and crimp or roll the edges to make the outer edge of the crust. At this point, you may pre-bake your crust. Poke holes in the dough with a fork to ensure that your crust does not puff up. If you do not pre-bake the crust, you may simply spoon the alkaline tomato sauce over the dough and use the back of a spoon to spread it evenly. Drizzle the walnut cheese sauce over the tomato sauce and top with your chosen vegetables. Bake for 10-12 minutes in a preheated oven until crisp and golden brown. Serve warm.

Nutritional Values: Calories: 1656, Fat: 104.6g, Carb: 142.1g, Protein: 53.6g, Fiber: 37.2g, Sugar: 47.2g, Cholesterol: 0mg, Sodium: 1067mg

8.42 Spiced Chana Amaranth

Preparation Time: 15 minutes

Cooking Time: 30 minutes | Serves: 5

Ingredients:

Grape Seed Oil, 4 tablespoons

Yellow Onion, 1 whole piece, chopped

Cumin, 2 tablespoons.

Sea Salt, 1 teaspoon

Ginger, 2 tablespoons, freshly minced or grated

Coriander Leaves, 2/3 cup

Habanero Peppers, 2 pieces, diced (remove the inner membrane before you dice for a milder product)

Coriander Seed, 2 tablespoons

Cayenne Pepper, 1 tablespoon

Coconut Sugar, 3 teaspoons

Red Tomatoes, 4 cups, diced

Chickpeas, 2 cups, cooked

Cloves, ½ teaspoon, ground

Lime Juice from 1 fruit

Amaranth Greens, 2 cups

Procedure:

Prepare a sauce pot and set over medium heat. Heat the 4 tablespoons of Grape Seed Oil. Once hot, sauté the diced onion and season with the salt and cumin powder. Remove from heat.

In the receptacle of a food processor or the jar of a blender, add the grated or minced ginger, coriander leaves and habanero peppers and process until a paste is formed. Heat the pot with the seasoned and sautéed onions and stir this blended paste into the onions to form the base of your dish. Add the ground coriander seed and cayenne pepper and stir once more to incorporate all the spices.

Add the cooked chickpeas and diced tomatoes to the pot. Reduce the heat and allow the dish to simmer for 20 minutes. Remove from the heat and stir in the Ground Cloves, Coconut Sugar, Lime Juice, and Amaranth Greens. Serve warm with wild rice or flatbreads from Chapter 6.

Nutritional Values: Calories: 2599, Fat: 86.6g, Carb: 377.5g, Protein: 101.3g, Fiber: 98g, Sugar: 115.8g, Cholesterol: 0mg, Sodium: 929mg

8.43 Under the Sea, Fruits of the Earth Stew (Overnight Recipe)

Preparation Time: 24 hours to soak the seaweed

Cooking Time: 31 minutes | Serves: 6

Ingredients:

Spring Water or Vegetable Broth, 4 cups

Bay Leaf, 1 piece

Scallion, 1 piece, chopped

Ginger, 2 tablespoons, freshly grated

Hijiki Seaweed, ½ cup, soaked overnight

Kombu Seaweed, 1 cup, soaked overnight

Sea Lettuce, ½ cup, soaked overnight

Sesame Oil, 1 ½ tablespoons

Ground Coriander Seed, 1 tablespoon

Yellow Onion, 1 whole, chopped

Ground Ginger, 2 teaspoons

Cayenne Pepper, ½ teaspoon

Lime Juice, from 1 lime

Portobello Mushrooms, 2 pieces, sliced

Sea Salt, 2 teaspoons

Wood Ear Mushrooms, 1 cup, chopped

Porcini Mushrooms, ½ cup, chopped

Procedure:

Boil the Spring Water or Vegetable Broth in a Medium-Sized Pot together with the bay leaf, scallion, and ginger for five minutes. Remove the bay leaf and discard. Add the seaweeds that have been soaked overnight and reduce the heat to allow them to simmer in the broth.

In a skillet, heat the sesame oil. Once hot, add the sesame seeds and chopped onion and season with the ground coriander seed, salt, grated ginger, and cayenne pepper. Cook until the onions are softened and aromatic, and the sesame seeds are toasted, but not burned. Drizzle with lime juice, stir well to incorporate and switch off the heat underneath the skillet.

Add the sautéed seasoned onions and the prepared mushrooms into the pot with the simmering broth. Spoon these in gently to avoid spillage. Allow the broth to simmer for another 15-20 minutes. Serve warm.

Nutritional Values: Calories: 751, Fat: 22.3g, Carb: 97.6g, Protein: 23.1g, Fiber: 41.3g, Sugar: 7.9g, Cholesterol: 0mg, Sodium: 2436mg

8.44 Protein-Packed Peck of Peppers

Preparation Time: 15 minutes

Cooking Time: 1 hour | Serves: 4

Ingredients:

Quinoa, ½ cup, rinsed

Spring Water, 1 cup

Bell Peppers, 4 whole pieces, halved and trimmed of their stems, with their seeds removed.

Sesame Oil, 1 tablespoon

Onion, 1 whole piece, chopped

Cremini Mushrooms, 1 cup, chopped

Zucchini, 1 medium-sized piece, chopped

Sea Salt, 2 teaspoons

Agave Nectar, 1 teaspoon

Red Tomatoes, 2 cups, chopped

Dried Basil Leaves, 1 tablespoon

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Line a cookie sheet with grease-proof paper and grease with some Grape Seed Oil so that the paper sticks to the cookie sheet. Set aside. Prepare another cookie sheet, but do not grease or line with anything and set aside.

In a saucepot, add the quinoa and water and bring to a boil. Once it boils, reduce the heat, and cover the pot, allow to simmer for 15-20 minutes or until the liquid has been fully absorbed. Once all the water has been fully absorbed, fluff the quinoa with a fork and set aside to cool slightly.

On the ungreased and unlined cookie sheet, arrange the bell pepper halves in a single layer, with enough space in between them, with their skin side down. Bake in the preheated oven for 10=13 minutes until they are pliable, but not completely softened.

Heat the sesame oil in a skillet on medium-high heat. Once hot, sauté the chopped mushrooms, onions, and zucchinis until they have softened. This will take approximately 8 minutes. Season with the salt, and add the agave nectar, tomatoes, and basil. Cook for three more minutes.

Add the sautéed vegetables to the pot with the fluffed quinoa and stir until all the vegetables are evenly distributed. Stuff this into the bell peppers and bake for 30-40 minutes or until the bell peppers are softened. Serve warm.

Nutritional Values: Calories: 978, Fat: 20.9g, Carb: 173.9g, Protein: 35.5g, Fiber: 29.5g, Sugar: 38.5g, Cholesterol: 0mg, Sodium: 1093mg

8.45 Shepherd in the Desert Pie (Overnight Recipe)

Preparation Time: 20 minutes

Cooking Time: 1 hour, 28 minutes | Serves: 6

Ingredients:

Yucca Root, 2 pounds

Spring Water, 4 cups

Onion Powder, 2 teaspoons

Sea Salt, 2 teaspoons, divided into 1 teaspoon portions

Grape Seed Oil, 1 tablespoon

Hemp Milk, 1 cup (see recipe in Chapter 6 on how to make your own), you may substitute with another alkaline milk.

Olive Oil, ¼ cup

Portobello Mushrooms, 4 pieces, stems removed, brushed, and sliced

Onion, 1 large whole, chopped

Zucchini, 1 large piece, sliced

Butternut Squash, 1 piece, cubed

Red Tomatoes, 2 pieces, diced

Chickpea Flour, 3 tablespoons

Fennel Seed, 2 teaspoons, crushed

Sage Leaves, 1 tablespoon

Thyme Leaves, 1 tablespoon

Vegetable Broth, 2 cups

Teff, 1 cup, whole

Chickpeas, 1 1/3 cup, soaked for 10 hours

Coconut Amino, 1 tablespoon

Procedure:

Preheat an oven to 425 degrees Fahrenheit. Prepare an oven-proof baking dish and set aside.

In a large pot, bring to a boil the four cups of Spring Water. While this boils, peel the Yucca Root and discard the peels. Remove the inner stem if you can, or if not, boil whole, and remove once cooked. Cut these up into even portions for an even cooking time and add these into the pot of boiling water. Allow to boil for 25 minutes. Scoop out the boiled Yucca root with a kitchen spider, or a slotted spoon and transfer to a heat proof bowl to allow the Yucca Root to cool.

Pass the Yucca Root through a potato ricer, a food mill, or a food processor until it forms a smooth mash. (Note: A Potato Ricer and a Food Mill will

yield smoother textures. While a food processor may accomplish that, the blades may also heat up and turn the mash into a glutinous texture which can be quite off putting.) Season the mash with the onion powder, 1 teaspoon of salt, grape seed oil and the hemp milk. Stir until smooth and creamy, and set aside.

In a saucepan, heat the ¼ cup of Olive Oil and sauté the mushrooms and onions, until softened and aromatic. This will take six minutes. Add the tomatoes, zucchini, and butternut squash into the saucepan. Reduce the heat and cook for an additional five minutes.

Add the chickpea flour, fennel seeds, onion powder, sage, and thyme. Stir to incorporate.

Add two cups of water to the saucepan and add the teff and soaked chickpeas. Season to taste with the Coconut Aminos. Simmer the entire mixture for eight minutes or until it begins to thicken.

Pour the mixture in the saucepan into the prepared oven-proof baking dish, and top with the prepared Yucca Root Mash. Bake for 27-30 minutes until the mash browns and the squash may be pierced by a fork. Allow to cool slightly before you serve.

Nutritional Values: Calories: 2804, Fat: 97g, Carb: 421.4g, Protein: 96.7g, Fiber: 95.3g, Sugar: 56.2g, Cholesterol: 0mg, Sodium: 2754mg

8.46 Lasagna with an Alkaline Twist

Preparation Time: 1 hour

Cooking Time: 1 hour, 10 minutes | Serves: 6

Ingredients:

Alkaline Pasta Sheets (see recipe in Chapter 6 on how to prepare this)

Fennel Seed, 1 teaspoon, ground

Basil Leaves, 2 teaspoons, dried or fresh

Oregano Leaves, 2 teaspoons, dried

Sea Salt, 1 tablespoon

Onion Powder, 2 tablespoons

Red Tomatoes, ½ cup, diced (you may substitute this with the Alkaline Tomato Sauce in Chapter 7)

Bell Peppers, 1 cup, chopped

Onions, 1 cup, minced

Chickpeas, 1 cup, cooked

Spelt Berries, 2 cups, cooked

Basil Leaves, Dried, 1 teaspoon

Oregano Leaves, Dried, 1 teaspoon

Sea Salt, 1 teaspoon

Onion Powder, 1 tablespoon

Hemp Seeds, 1 tablespoon

Spring Water, 1 cup

Brazil Nuts, 1 cup, soaked overnight

Button Mushrooms, 5 pieces

Zucchini, 1 medium-sized piece, sliced

Grape Seed Oil, as needed

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Prepare an oven safe baking dish and a heat proof cooling rack and set aside.

If you prepared the pasta dough, pass it through a pasta machine and dust with spelt flour. Cut it into your desired sheet size and sprinkle with more spelt flour. Set aside.

Prepare your Alkaline Ragu: In the receptacle of a food processor, combine all the chickpeas and spelt berries and pulse until well mixed but not pasty. Leave this in the food processor first.

Heat some Grape Seed Oil in a skillet over medium heat and sauté the bell peppers and onions for 5 minutes or until softened and aromatic. Add the processed chickpeas and spelt berries into the pan. Season with the herbs and spices and stir. Add more grape seed oil and cook for an additional 10 – 12 minutes. Remove from the heat and allow to cool slightly.

Prepare the Alkaline Cheese Sauce: (Alternatively, you may use the cheese sauce recipe in Chapter 6 of this book if you wish, please note that you may need to prepare the cheese sauce ahead of time as it is recommended that you soak the Brazil nuts overnight for a softer and smoother sauce). Add all the ingredients and 1 cup of the Spring Water into the jar of a blender and puree until it reaches a smooth consistency.

If you made the Red Tomatoes into an alkaline tomato sauce, reserve a cup, and pour the remainder of the alkaline tomato sauce into the Ragu of Chickpeas and Spelt Berries. Stir to combine thoroughly.

Prepare the Vegetables: Slice the Zucchinis and Mushrooms lengthwise.

Assemble the Lasagna: In the prepared baking dish, spread the reserved cup of the plum tomato sauce at the bottom. Arrange in the following sequence: Pasta Sheet, Zucchini, Chickpea and Spelt Ragu, Cheese Sauce, Mushrooms, Pasta Sheet. Repeat until you have reached four layers of the lasagna. Finish this with the Chickpea and Spelt Ragu and the Cheese Sauce. Pour the remainder of the tomato sauce around the sides of the pasta and top with the basil leaves.

Bake in the preheated oven for 40-45 minutes, or until the cheese sauce is bubbly. Let cool slightly on a heat proof rack before you serve.

Nutritional Values: Calories: 2998, Fat: 185.5g, Carb: 290.5g, Protein: 94.5g, Fiber: 78.7g, Sugar: 65.3g, Cholesterol: 0mg, Sodium: 2000mg

8.47 Ravioli

Preparation Time: 10 minutes

Cooking Time: 1 hour | Serves: 5

Ingredients:

For the Ravioli Filling

(You may use this for other stuffed pasta dishes other than Ravioli)

Nutritional Values: Calories: 574, Fat: 7.9g, Carb: 100.2g, Protein: 32.2g, Fiber: 21.7g, Sugar: 24.6g, Cholesterol: 0mg, Sodium: 615mg

Chickpea Flour, 1 cup

Roma Tomatoes, 1 whole piece, quartered

Mushrooms, 2 cups, quartered

Kale, 2 cups, chopped

Onions, 1/3 cup, diced

Bell Peppers, 1 cup, diced

Onion Powder, 1 tablespoon

Ginger, 1 teaspoon, ground

Oregano Leaves, 2 teaspoons

Dill Leaves, 2 teaspoons

Basil Leaves, 2 teaspoons

Thyme Leaves, 2 teaspoons

Sea Salt, 1 teaspoon

Cayenne Pepper, ½ teaspoon

Chickpea and Spelt Flour Pasta Dough

(You may use this for other pasta recipes)

Nutritional Values: Calories: 376, Fat: 4.7g, Carb: 64.8g, Protein: 16.5g, Fiber: 11.5g, Sugar: 5g, Cholesterol: 0mg, Sodium: 503mg

Chickpea Flour, ½ cup

Spelt Flour, 1 ½ cup

Oregano Leaves, ½ teaspoon

Basil Leaves, ½ teaspoon

Sea Salt, 1 teaspoon

Spring Water, ¾ cup

Spiced Pasta Cheese Sauce

Nutritional Values: Calories: 481, Fat: 46.8g, Carb: 13.5g, Protein: 10.7g, Fiber: 6.1g, Sugar: 3.5g, Cholesterol: 0mg, Sodium: 477mg

Brazil Nuts, ½ cup soaked (overnight or at least 3 hours)

Onion Powder, 2 teaspoons

Oregano Leaves, ½ teaspoon

Sea Salt, 1 teaspoon

Cayenne Pepper, ½ teaspoon

Spring Water, ½ cup

Procedure:

Heat a pot of water to boil, season with Sea Salt and Grape Seed Oil. Prepare a strainer or a colander and a separate bowl for the pasta water.

Prepare the Pasta Dough: Prepare the receptacle of a food processor and add all the dry ingredients into it. Pulse to combine thoroughly, about 10-20 seconds. Through the feed tube, slowly trickle the Spring Water while the

dough processes, until the dough forms into a ball. Turn out the dough and wrap in some clings wrap to allow the dough to rest. Let chill in the refrigerator to let the dough rest. Set aside.

Prepare the Pasta Cheese Sauce: Simply add all the ingredients into a blender jar or a food processor, and puree until it reaches a creamy consistency. If the cheese sauce is too thick, add Spring Water until it reaches a desired consistency. Set aside.

Prepare the Filling: In the bowl of a food processor, add all the ingredients for the filling except for the chickpea flour. Pulse for 30-40 seconds. Add the chickpea flour and puree until well combined. Remove the blade attachment.

Heat the Grape Seed Oil in a skillet on high heat. Reduce the heat to a medium flame and add the pureed ravioli filling on the skillet and cook for 3-4 minutes. With a wooden spoon, break up the filling and allow to cook for 3 more minutes. Transfer this into a medium sized bowl.

Assemble the Ravioli: Spread flour on a working space. Prepare a rolling pin, or if you have one, a pasta roller for an easier job. Roll out ¼ of the pasta dough until it forms a thin sheet. This will take time. Be sure to dust the surface of the pasta dough with flour as you go along so it does not stick to the surface.

With a teaspoon, distribute in even spaces, a rounded teaspoon of the prepared pasta filling and cheese sauce. For best results, make a ring of the filling, and add the cheese sauce in the middle. Fold the pasta dough to cover the filling, and gently press around the filling to carefully seal the pasta. Use a pizza cutter or a knife, or even a rounded pasta cutter to shape the ravioli. Repeat this step with the remainder of the dough and filling until all of it has been used up.

By this time, the water you have prepared has come to a full boil. Pour the ravioli in batches and cook for 4 to 6 minutes or until al dente. Serve with Alkaline Marinara Sauce in Chapter 6 for a nice fresh contrast.

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9

DESSERTS AND SNACK ITEMS

Just because you have made the decision to shift into the alkaline diet does not mean you get to miss out on the variety of sweets and snacks that use to play a big part of your life. While you cannot expect to savor the exact same flavors due to the presence of alternative ingredients, the desserts and snack items that are listed in this chapter are just as scrumptious as your regular snacks and desserts, with the added benefit of being great for your meals. An alternative twist to your favorite snacks and desserts become a rightful conclusion for your alkaline meals at the end of the day. Within these pages are not only dessert recipes, but also those that make great savory snacks and appetizers, so don’t be surprised if you break out your herbs and spices every now and then.

9.1 Amaranth Popcorn

Preparation Time: 2 minutes

Cooking Time: 6 minutes | Serves: 8

Ingredients:

Amaranth Seed, ½ cup

Sea Salt, 1 teaspoon

Procedure:

At the bottom of a large pot, spread the Amaranth seeds in a single layer.

Heat the pot and wait until the Amaranth seeds begin to pop. This will take approximately two minutes, or more depending on how thick your pot is.

Once the seeds begin to pop, shake the pot as you would for popcorn, this prevents the popped amaranth seeds from scorching.

Once the popping sound begins to slow in its speed, take the pot off from the heat and add the popped amaranth seeds into a serving bowl. Season with salt and toss for an even seasoning. Serve warm.

Nutritional Values: Calories: 46, Fat: 0.8g, Carb: 8.1g, Protein: 1.8g, Fiber: 1.1g, Sugar: 0.2g, Cholesterol: 0mg, Sodium: 61mg

9.2 Traditionally Twisted Apple Crumble

Serves: 4 | Preparation Time: 20 min

Cooking Time: 50 min+ 15 min to cool

Ingredients:

Granny Smith Apples, 4, pieces, peeled, cored, and chopped into even pieces

Coconut Sugar, ½ cup

Spelt Flour, 1 ¾ cups

Cinnamon, 3 teaspoons

Cloves, ¼ teaspoon, ground

Sea Salt, 1/8 teaspoon

Lime Juice, 3 tablespoons

Grape Seed Oil, 1 teaspoon

Quinoa Flakes, ¾ cup

Date Sugar, ½ cup (see recipe in Chapter 6 of this book to make your own)

Coconut Butter, ½ cup

Procedure:

Preheat an oven to 360 degrees Fahrenheit. Grease a ceramic baking dish with some Grape Seed Oil. Make sure the sides of the dish are also brushed with some of the Grape Seed Oil. Set aside.

In a large bowl, stir together the chopped apples, 1/3 cup of the coconut sugar, two tablespoons of the spelt flour, and season the apples with 1 teaspoon of cinnamon, ¼ teaspoon of ground cloves and the salt. Drizzle the spiced apples with the lime juice. Toss the apples in the spices and coconut sugar until all the pieces have been evenly coated.

Place the tossed spiced apples into the prepared baking dish. Set aside.

Combine the ½ cup of the spelt flour, the quinoa flakes, the date sugar (you may use the coconut sugar If you want), one teaspoon of cinnamon and the coconut butter. Stir well to combine until the mixture can hold its shape.

With a spatula or a spoon, spread this mixture over the prepared apples. Bake in the preheated oven for 50 minutes or until the apples are bubbly and soft. Once baked, place on a heat proof rack to cool. Do not set this baking dish directly onto a cold surface otherwise the dish will break due to the sudden change in temperature. Let cool on the oven proof rack for 15 minutes. Serve warm.

Nutritional Values: Calories: 2554, Fat: 118.6g, Carb: 387.3g, Protein: 22.7g, Fiber: 62.8g, Sugar: 273.9g, Cholesterol: 0mg, Sodium: 125mg

9.3 No Bake Sweet and Tart Cheesecake

Serves: 8 | Preparation Time: 15 min

Cooking Time: 10 min+ 4-5 hours to chill or until set

Ingredients:

Walnuts, 1 1/3 cup

Cinnamon, 2 teaspoons

Sea Salt, ½ teaspoon

Dates, 4 pieces, pitted and diced

Coconut Oil, 3 tablespoons

Brazil Nuts, 2 cups

Raspberries, 16 pieces, pureed

Coconut Milk, 2 ½ cups

Agave Nectar, 2 teaspoons

Lime Juice from 1 lime

Mango, 1 whole, cubed

Procedure:

Prepare the crust of your no-bake cheesecake: With a hand blender, a food processor, or a blender jar (exercise caution with the latter), blitz the walnuts, cinnamon, sea salt, dates and 1 tablespoon of coconut oil until the resultant mixture can hold its shape without falling apart or breaking into crumbs.

Spread these in an even layer at the bottom of a springform tin, the diameter of the tin is up to you. Place the tin in a freezer to allow the crust to set.

In the receptacle of a food processor, blend the other two tablespoons of coconut oil, the Brazil nuts, the raspberry puree, coconut milk and agave nectar until they have reached a smooth consistency. At this point you may pass the mixture through a sieve to ensure a smoother product. Pour the mixture carefully over the chilling crust. Cover with some cling film to prevent the formation of a skin over the cheesecake and allow to set for four to five hours in the refrigerator. Do not let this set in the freezer as the freezer could cause the body of the cheesecake to separate. Once set, garnish with the cubed mango, and serve chilled.

Nutritional Values: Calories: 5089, Fat: 471.7g, Carb: 207.1g, Protein: 101.5g, Fiber: 76.2g, Sugar: 113.4g, Cholesterol: 0mg, Sodium: 344mg

9.4 Double Nut, No-Bake Energy Balls

Serves: 12 | Preparation Time: 5 minutes

Cooking Time: 10 min + 30 min to freeze

Ingredients:

Walnuts, 2 cups, raw

Coconut, ½ cup, shredded

Sea Salt, ½ teaspoon

Dates. 2 cups, pitted

Coconut Oil, ½ tablespoon

Procedure:

Prepare a cookie sheet and line this with grease-proof paper. Set aside.

Prepare the receptacle of a food processor. Add the walnuts, shredded coconut and salt into this, and pulse until crumbly. Do not process until smooth otherwise this will turn into a paste. Add the dates and pulse with the coconut oil until it can hold its shape.

Remove the blade from the food processor bowl and take a tablespoonful of the processed walnuts and shape it into a ball with your hands. Repeat until you have used up the entire mixture.

Arrange the balls on the prepared cookie sheet and allow to freeze for an hour. Enjoy and freeze the rest.

Nutritional Values: Calories: 2749, Fat: 169.1g, Carb: 298g, Protein: 70.2g, Fiber: 49.1g, Sugar: 230.8g, Cholesterol: 0mg, Sodium: 254mg

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9.5 Tropical Berry Sorbet

Preparation Time: 10 minutes

Cooking Time: 2 hours, 5 minutes | Serves: 4

Ingredients:

Lime Juice, ½ cup

Mango, 4 cups, cubed

Agave Nectar, 1 tablespoon

Strawberries, 1 cup (you may use other berries)

Procedure:

Prepare a blender jar and add all the ingredients. Blend until they reach a smooth consistency.

Pour the contents of the blender jar into a measuring cup for liquids and pour into an ice cube tray. Allow this to freeze solid. This will take two hours at the most. Alternately, you may pour this into a tin and stir every now and then to prevent the sorbet from completely freezing. If you do this step, skip step 3, and serve.

Once frozen, toss the ice cubes into a jar of a food processor and pulse until it resembles a sorbet in texture. Serve.

Nutritional Values: Calories: 574, Fat: 3.3g, Carb: 147.5g, Protein: 7.7g, Fiber: 17g, Sugar: 119.5g, Cholesterol: 0mg, Sodium: 13mg

9.6 Currant Loaf

Serves: 8 | Preparation Time: 15 minutes

Cooking Time: 50 min + 15 min to cool

Ingredients:

Agave Nectar, 1 cup plus 2 tablespoons

Spelt Flour, 2 cups

Sea Salt, 2 teaspoons

Applesauce, ½ cup, Unsweetened

Grape Seed Oil, 1 cup plus 1 teaspoon

Lime Juice, from 1 fruit

Black Currants, 1 cup

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Prepare a baking pan or a loaf tin and grease it with a teaspoon or more of Grape Seed Oil. You may line this with grease-proof paper if you wish, so that the removal of the baked loaf is easier. Set aside.

Into a large mixing bowl, add the spelt flour, sea salt, apple sauce. 1 cup Grape Seed Oil and 1 cup Agave Nectar and stir until well incorporated. Pour this into the prepared pan or tin and bake for 40-45 minutes, or until a skewer inserted into the center of the cake comes out clean.

Prepare the topping: Into another bowl, combine the currants, 2 tablespoons agave nectar and stir together. Drizzle the lime juice over it. Toss once more and allow to sit.

Let the loaf cool before you remove it from the tin, and top with the prepared currants. Serve with the sorbet or other ice cream recipes in this book for a cool ala mode service.

Nutritional Values: Calories: 3342, Fat: 226.6g, Carb: 357.2g, Protein: 9.7g, Fiber: 31.7g, Sugar: 284.7g, Cholesterol: 0mg, Sodium: 940mg

9.7 Citrus Berry No Bake Cheesecake (Overnight Recipe)

Preparation Time: 24 hours |

Cooking Time: -none- | Serves: 8

Ingredients:

Walnuts, 2 cups, raw

Sea Salt, 1/8 teaspoon

Dates, 1 cup, pitted, and minced

Walnuts, 3 cups

Agave Nectar, ½ cup

Orange Zest, 2 teaspoons

Lime Juice from 2 limes

Sea Salt, 1/8 teaspoon

Orange Juice, ¾ cup, freshly squeezed

Coconut Oil, ½ cup (melted if solidified)

Orange Cheesecake Base, ¼ cup reserved

Blueberries, 2 cups, whole

Procedure:

Prepare the Crust: Prepare the receptacle of a food processor and add the nuts, salt, and dates. Pulse until they resemble crumbs and can hold their shape once you press it with your fingers. Press the date-nut mixture in an even layer at the bottom of a springform pan. Set this in the refrigerator to allow this to chill to form the crust.

Prepare the Cheesecake Batter: Prepare a blender jar. Into the blender jar, add the agave nectar, lime juice, sea salt, orange juice, 3 cups walnuts and coconut oil and blend until the batter is smooth and creamy. Add the orange zest and blend some more. Take ¼ cup of the batter and reserve it for the blueberry layer. Pour the mixture onto the chilled crust and set in the refrigerator.

Prepare the Blueberry Layer: In the bowl of a food processor, add the blueberries and the reserved cheesecake batter and pulse until it forms a smooth and creamy batter. It is perfectly fine if the blueberries still contain whole bits as this serves as the textural element for the cake. Spread this over the orange cheesecake batter and allow the cake to set in the refrigerator overnight. Serve chilled.

Nutritional Values: Calories: 4372, Fat: 318.6g, Carb: 365.1g, Protein: 83.4g, Fiber: 56.5g, Sugar: 281.5g, Cholesterol: 0mg, Sodium: 123mg

9.8 Triple Coconut Pie

Preparation Time: 2 hours,

Cooking Time: 0 minutes | Serves: 6

Ingredients:

Walnuts, 2 cups

Dates, 12 pieces, whole, pitted, chopped

Sea Salt, ¾ teaspoon

Key Lime Juice, from 1 fruit

Coconut Oil, 4 tablespoons

Agave Nectar, 4 tablespoons

Spring Water, 1 cup

Shredded Coconut, 4 tablespoons

Coconut Butter, 4 tablespoons

Coconut Flakes to Garnish

Procedure:

Prepare the receptacle of a food processor, and add the dates, 1 cup of walnuts and sea salt. Pulse for 15 seconds until it can hold its shape.

Line a spring form pan with grease proof paper and add the crust mixture. Press gently to form a smooth layer and allow to chill in the refrigerator.

Prepare the coconut filling: Add 1 cup of walnuts, a cup of spring water, ¼ teaspoon sea salt, juice from 1 key lime, coconut oil, agave nectar, shredded coconut, coconut butter into the jar of a blender, and blend until it reaches a smooth consistency.

Pour this into the chilling crust, and sprinkle with the coconut flakes. Allow to freeze in the refrigerator and serve.

Nutritional Values: Calories: 3441, Fat: 286.1g, Carb: 206.2g, Protein: 71.5g, Fiber: 53g, Sugar: 141.5g, Cholesterol: 0mg, Sodium: 445mg

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9.9 Blueberry Cake

Preparation Time: 10 minutes

Cooking Time: 55 minutes | Serves: 8

Ingredients:

Chickpea Flour, 1 cup

Blueberries, 1 cup

Agave Nectar, 6 tablespoons

Sea Salt, 1/8 teaspoon

Cloves, 1/8 teaspoon, ground

Spelt Flour, ¾ cup

Perrier Water, ¾ cup

Grape Seed Oil, 1 tablespoon

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Grease a loaf pan with some grape seed oil and set aside.

Add all the ingredients into the jar of a food processor with a mixer attachment and mix well until it forms a smooth batter. Pour this into the greased loaf pan and bake for 55 minutes.

Let cool and serve.

Nutritional Values: Calories: 1428, Fat: 28.7g, Carb: 249.3g, Protein: 48.9g, Fiber: 34.2g, Sugar: 126.2g, Cholesterol: 0mg, Sodium: 191mg

9.10 Berry Alkaline Muffins

Preparation Time: 10 minutes

Cooking Time: 30 minutes | Serves: 6

Ingredients:

Spelt Flour, 2/3 cup

Agave Nectar, 6 tablespoons

Sea Salt, 1/8 teaspoon

Chickpea Flour, 1 cup

Sparkling Water, ¾ cup

Grape Seed Oil, 2 tablespoons

Mixed Berries, 1 cup, sugar free

Procedure:

Preheat an oven to 365 degrees Fahrenheit. Line a muffin tin with muffin liners and set aside.

Add all the ingredients into the jar of a food processor until it reaches a smooth and even consistency. Pour this into a measuring cup for ease of pouring and portion this into the prepared muffin tins. Take care to fill only ¾ of the way, otherwise if you pour more than this, the batter will overflow from the tins and create a mess in your oven. Bake for 30 minutes or until a skewer inserted into the center of the muffin comes out clean.

Remove from the tin and allow to cool on a heatproof rack. Serve.

Nutritional Values: Calories: 1116, Fat: 35.3g, Carb: 180.9g, Protein: 24.3g, Fiber: 23.7g, Sugar: 110g, Cholesterol: 0mg, Sodium: 120mg

9.11 Mixed Berry Crumble Cake (Overnight Recipe)

Preparation Time: 24 hours

Cooking Time: 1 hour | Serves: 8

Ingredients:

Spelt Flour, 2 cups plus 3 tablespoons

Kamut Flour, 1 cup

Cloves, 1 teaspoon, ground

Sea Salt, ¼ teaspoon

Agave Nectar, ¼ cup

Grape Seed Oil, 1 tablespoon

Sea Moss Gel, 1 teaspoon

Aquafaba, 2 cups, whipped (see recipe in Chapter 6 on how to make your own; you may also choose to save the liquid from canned chickpeas as this is aquafaba)

Mixed Berries, 1 cup

Date Sugar, 1 cup (see recipe in Chapter 6 on how to make your own)

Dates, 2 tablespoons, dried, pitted and chopped

Brazil Nut Cream, ½ cup (see instructions within this recipe)

Agave Nectar, 2 tablespoons

Spring Water, 1 cup, chilled

Brazil Nuts, 2 cups, shelled and soaked overnight

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Prepare a non-stick baking pan for your cake and set aside.

Prepare the Brazil Nut Cream: The Brazil Nuts need to be soaked overnight, so this must be prepared ahead. Once soaked, drain them of the water and add the nuts into a food processor. Pulse the nuts until they are broken down. Set the food processor on a low setting to keep the nuts processing and pour the spring water into the feed tube of the food processor. Continue to add the spring water until the Brazil Nut Cream. Add the agave nectar to taste and process some more. Reserve ½ cup of the cream and set aside. Store the Brazil Nut Cream in a refrigerated container until it is needed.

Prepare the Cake: Sift together the Spelt Flour, Kamut Flour, Ground Cloves, and Sea Salt until they are evenly distributed. Pour the Agave Nectar and the Grape Seed Oil into the mixture and stir until the batter

resembles that of a pancake mix. Fold the sea moss gel, the aquafaba, and the reserved Brazil nut cream. Gently fold until the liquids are mixed into the batter. Pour this into the prepared baking pan and bake in the preheated oven for 25 minutes.

While the cake bakes, combine the mixed berries with the date sugar in a saucepan and heat until the water comes out from the berries. Bring this to a boil and allow it to reduce slowly over 15-20 minutes. Do not allow this to reduce too much, there should still be some liquid. Add a tablespoon of the sea moss gel to thicken the berry topping.

Prepare the Crumble: Add the chopped dates, 3 tablespoons spelt flour, and 1 teaspoon of Grape Seed Oil into the bowl of a food processor and pulse.

Once the cake has been fully baked, pour the berry reduction on top and layer the crumble mixture. Return to the oven and bake for 20 minutes.

Allow to cool and serve with additional whipped aquafaba on top.

Nutritional Values: Calories: 3374, Fat: 204.1g, Carb: 381.3g, Protein: 54.8g, Fiber: 46.3g, Sugar: 261.2g, Cholesterol: 0mg, Sodium: 141mg

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9.12 Summer Fruit Crumble Pie

Preparation Time: 20 minutes

Cooking Time: 50 minutes | Serves: 8

Ingredients:

Peaches, 1 cup

Sea Salt, ½ teaspoon

Blueberries, 3 cups

Date Sugar, ¾ cup

Spelt Flour, ¼ cup for the filling

Lime Juice, 1 tablespoon

Grape Seed Oil, 6 tablespoons

Date Sugar, 2/3 cup

Spelt Flour, 1 cup for the topping

Spring Water, ½ cup, ice-cold

Sea Salt, 1 teaspoon

Spelt Flour, 1 ½ cups for the pie crust

Grape Seed Oil, ½ cup

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Grease a pie plate with some grape seed oil and dust lightly with some spelt flour. Set aside.

Prepare the crust: Sift the flour and sea salt together in a mixing bowl. Add the ½ cup grape seed oil and mix until well incorporated. Pour the ice-cold spring water gradually. You may not need all the spring water so be sure to adjust. At this point, if you are tired, you may use a hand mixer to speed things up along. With a mixer attachment, mix until the water has been fully integrated into the flour, and knead with your hands slightly until it forms a ball.

Turn out the dough onto a work surface that has been dusted with some spelt flour. Allow the dough to rest for 5 minutes. Flatten the dough with a floured rolling pin and roll until the pie crust is of an even thickness. Gently place the pie crust onto the prepared pie plate and use your hands to gently press the pie crust into the edges of the pie plate. Pierce the crust with a fork and blind bake in the preheated oven for 10-13 minutes. Remove the piecrust from the oven and allow to cool while you prepare the pie filling and topping.

Prepare the filling: Set aside two bowls. In one bowl, combine the date sugar, sea salt and spelt flour. In the other bowl, combine the lime juice and blueberries. In the bowl with the blueberries, add the sliced peaches and toss to combine. Add the peaches and blueberries to the other bowl and pour into the prepared crust.

Prepare the topping: In a bowl, stir together the flour, sea salt, and date sugar. Cut the grape seed oil into this mixture with a fork or pastry cutter until it forms crumbs. Spread this over the fruits in the prepared crust. Bake in the preheated oven for 35 minutes. Cool and serve with your chosen accompaniments.

Nutritional Values: Calories: 2727, Fat: 201.3g, Carb: 238.6g, Protein: 18.4g, Fiber: 33g, Sugar: 57.9g, Cholesterol: 0mg, Sodium: 712mg

9.13 Coconut Ice Cream

Serves: 2 | Preparation Time: 10 minutes

Ingredients:

Aquafaba, 3 tablespoons

Agave Nectar, ¼ cup

Vanilla Extract, 1 tablespoon

Coconut Cream, 1 cup

Sea Salt, ¼ teaspoon

Strawberries for garnish

Procedure:

In a bowl, whip the aquafaba and slowly pour in the agave while you whisk. You may use a stand mixer for this step to make it easier for you to do. Add the vanilla extract while you whisk. Set aside.

In another bowl, add the coconut cream and whip until it has softened with a hand mixer. Add ¼ teaspoon vanilla extract and ¼ teaspoon sea salt and whisk to combine.

Get the whipped aquafaba and fold gently into the coconut cream. Do this in scoops until all the whipped aquafaba has been used. Place into a bowl and set it into the refrigerator to freeze overnight. You may want to stir this every now and then to ensure that it does not become one solid mass. Garnish with strawberries before you serve.

Nutritional Values: Calories: 1945, Fat: 160.8g, Carb: 118.7g, Protein: 17.6g, Fiber: 6.5g, Sugar: 61.7g, Cholesterol: 0mg, Sodium: 125mg

9.14 Summer Peach Tarts

Preparation Time: 20 minutes

Cooking Time: 50 minutes | Serves: 12

Ingredients:

Grape Seed Oil, ½ cup

Spelt Flour, 2 cups

Spring Water, 1 ¼ cups

Sea Salt, ½ teaspoon

Cloves, ½ teaspoon, ground

Date Sugar, ½ cup (see Chapter 6 on how to make your own)

Agave Nectar, ½ cup

Peaches, ½ pound, frozen

Procedure:

Preheat an oven to 400 degrees Fahrenheit. Prepare a cookie sheet lined with grease proof paper and lightly grease it with some Grape Seed Oil. Set aside.

In a medium sized saucepot, pour in the date sugar, agave nectar, frozen peaches, 1 cup of the spring water, ground cloves, the sea salt and stir until well combined. Bring the mixture to a gentle simmer and allow to cook for 15-20 minutes.

To form the tart base, sift the flour and salt together in a bowl. Add the oil and ¼ cup spring water to the bowl. Stir and knead to form a dough, alternatively, you may use a stand mixer or a hand mixer to speed up the process. Knead until the dough becomes shaped like a ball.

Prepare a sheet of grease-proof paper lightly oiled with grape seed oil or dust a work surface with some spelt flour. Turn out the dough onto either surface, according to your preference and roll the dough with a rolling pin to a ¼ inch thickness. With a cookie cutter, portion out the crusts and reroll the scraps to form a new dough to cut out new crusts, this should form a dozen portions. Alternatively, if you have tart tins, you may roll out the dough over these for a more consistent product.

Poke holes in the dough with a fork before you blind bake them for 10-12 minutes. You may also opt to weigh these down with dry beans to ensure a flat-bottomed crust.

Add two teaspoons of spelt flour into the simmering peaches to allow the syrup to thicken. This should take 5 minutes to do so. Once the crust has been fully blind baked, portion out the filling into the prepared crusts and bake for 10 more minutes or until the crust is crisp and golden-brown. Serve warm. You can pair it with the coconut ice cream in this chapter if you wish.

Nutritional Values: Calories: 2146, Fat: 114.6g, Carb: 294.7g, Protein: 9.9g, Fiber: 21.6g, Sugar: 231.1g, Cholesterol: 0mg, Sodium: 261mg

9.15 Alkaline Apple Pie

Preparation Time: 20 minutes

Cooking Time: 55 min | Serves: 1 2-pound pie

Ingredients:

Baking Apples, 4 pieces, peeled, cored, and sliced

Date Sugar, ½ cup

Cloves, ¼ teaspoon, ground

Spelt Flour, 2 cups

Spring Water, ½ cup

Agave Nectar, ½ cup

Sea Salt, 1½ teaspoon

Grape Seed Oil, 1/3 cup

Key Limes

Procedure:

Preheat an oven to 425 degrees Fahrenheit. Prepare a ceramic pie plate and lightly grease with grape seed oil and dust with spelt flour to prevent sticking of the crust. Set aside.

Prepare the Filling: Heat a skillet on medium flame and add the apples, date sugar, cloves, and add a pinch of salt. Toss to coat evenly and allow to simmer for 15-20 minutes or until the apples are softened.

While the apples simmer, prepare the crust. Into the bowl of a food processor, add the spelt flour and a teaspoon of the sea salt and pulse for ten seconds to combine thoroughly. Through the feed tube, pour in the grape seed oil and the spring water slowly while the food processor runs to form a ball of dough. Turn out the dough onto a floured surface and portion in halves. Roll the dough out onto the prepared pie plate and press gently to the plate. Trim the excess dough. Use the scraps for decoration if you wish.

Adjust the flavors in the simmering apples, adding more agave syrup if additional sweetness is needed. Pour the simmering apples into the prepared pie crust and cover with the other half of the dough. You may cut vents into the dough at this point, or you may cut the dough into strips and arrange the strips into a lattice pattern. Once you have decorated, bake in the preheated oven, 30-35 minutes, until the crust is golden brown and serve.

Nutritional Values: Calories: 1882, Fat: 86.8g, Carb: 295.2g, Protein: 9.6g, Fiber: 25.4g, Sugar: 217.5g, Cholesterol: 0mg, Sodium: 712mg

9.16 Alkaline Doughnuts

Preparation Time: 20 minutes

Cooking Time: 14 minutes | Serves: 12

Ingredients:

Grape Seed Oil, 3 tablespoons

Cloves, ½ teaspoon, ground

Sea Salt, ½ teaspoon

Sea Moss Gel, 1 teaspoon

Applesauce, ¼ cup (see recipe below)

Sparkling Spring Water, ¼ cup

Agave Syrup, ¾ cup

Spelt Flour, ¾ cup

Chickpea Flour, ¾ cup

Coconut Oil, 2 tablespoons

Agave Nectar, 2 tablespoons

Coconut Flakes, 3 tablespoons

For the Applesauce:

Calories: 474, Fat: 1.7g, Carb: 124.4g, Protein: 3.3g, Fiber: 19.7g, Sugar: 99.4g, Cholesterol: 0mg, Sodium: 81mg

Sea Salt, 1/8 teaspoon

Cloves, 1/8 teaspoon, ground

Lime Juice, 1 teaspoon

Agave Nectar, 3 tablespoons

Apples, 3 cups, peeled and chopped

Sea Moss Gel, 1 teaspoon

Spring Water, 2 cups

Mixed Berries, or Peaches or Pears, ½ cup

Procedure:

To make the applesauce, simply add everything into a skillet or a pot and allow to simmer until it thickens into apple sauce.

Prepare the donuts: Preheat an oven to 350 degrees Fahrenheit. If you have a doughnut pan, brush it with some grape seed oil and set aside.

Add all the ingredients for the doughnuts into a bowl and mix until it reaches a smooth consistency. Pour this into the prepared doughnut pans and fill only until ¾ of the way full. Bake in the preheated oven for 12-14 minutes and allow to cool. Top with the applesauce and serve warm.

Nutritional Values: Calories: 1487, Fat: 77.3g, Carb: 185.2g, Protein: 18.9g, Fiber: 12.1g, Sugar: 133.9g, Cholesterol: 0mg, Sodium: 286mg

9.17 Plain Jane Alkaline Cheesecake

Serves: 8 | Preparation Time: 4 hours

Cooking Time: 0 minutes, 4 h to chill and set

Ingredients:

Hemp Milk, 1 ½ cups

Sea Salt, ¼ teaspoon

Agave Nectar, ¼ cup

Lime Juice, 2 tablespoons

Sea Moss Gel, 1 tablespoon

Berries, 1 cup, mixed

Mango, 1 whole, cubed

Basic Cheesecake Crust

Coconut Flakes, 1 ½ cups

Dates, 1 ½ cups

Sea Salt, ¼ teaspoon

Agave Nectar, ¼ cup

Procedure:

For the crust:

Prepare a springform pan and line it with parchment paper. Set aside.

Into the bowl of a food processor, add all the ingredients for the crust. Pulse for about 20 seconds or until the mixture can hold its shape.

Press this crust into the bottom of the prepared springform pan. Place in the refrigerator to chill and set.

For the filling:

Into a blender jar, add Hemp Milk, Sea Salt, Agave Nectar, Lime Juice, and Sea Moss Gel. Blend until it reaches a smooth consistency.

Pour the mixture over the prepared crust and cover with foil. Allow to set in the refrigerator for 4 hours.

After 2 hours, remove the foil cover and top with the cubed mango. Allow it to set for the remaining 2 hours.

Before serving, top with the mixed berries. Serve chilled. Remove the foil cover after two hours and top with the cubed mangoes. Allow to set once more, then top with the mixed berries. Serve chilled.

Nutritional Values: Calories: 2583, Fat: 161.5g, Carb: 255.9g, Protein: 68.5g, Fiber: 31.7g, Sugar: 211g, Cholesterol: 0mg, Sodium: 302mg

9.18 Banana Alkaline Cream Pie

Serves: 8 | Preparation Time: 20 min

Cooking Time: 0 min, 4 h to chill and set

Ingredients:

Basic Cheesecake Crust, 1 recipe (see recipe in this chapter)

Coconut Cream, 1 cup

Agave Nectar, 3 tablespoons

Sea Salt, 1/8 teaspoon

Hemp Milk, 1 cup

Bananas, 6 pieces, sliced.

Procedure:

Follow the instructions in the recipe for the Basic Cheesecake Crust and press the crust gently into a greaseproof-paper lined springform pan.

Arrange the sliced bananas along the insides of the springform pan and set the crust and banana-lined springform tin in the freezer.

Add all the ingredients for the pie filling into a large bowl and beat with a hand mixer on medium, then on high for a few minutes until the pie filling is smooth. Pour the mixture onto the crust and tap a few times to remove the air bubbles and to ensure that the filling is evenly spread. Cover with foil and let sit in the freezer for 3 to 4 hours or until the filling has set.

Once set, remove from the springform pan and garnish with the shredded coconut flakes. Serve chilled.

Nutritional Values: Calories: 2297, Fat: 76.7g, Carb: 416.2g, Protein: 18.5g, Fiber: 26.4g, Sugar: 347.2g, Cholesterol: 0mg, Sodium: 458mg

9.19 Coconut Spelt Waffle

Serves: 1 Waffle| Preparation Time: 20 min

Cooking Time: 10 min

Ingredients:

Spelt Flour, 2 cups

Coconut Flour, ¼ cup

Coconut Milk, 1 cup (see recipe in Chapter 6 on how to make your own)

Agave Nectar, ¼ cup

Sea Moss Gel, 2 teaspoons

Sea Salt, ¼ teaspoon

Grape Seed Oil, 3 tablespoons

Spring Water, 1 cup

Procedure:

Grease a waffle maker with some grape seed oil and allow to preheat.

Sift the coconut flour, spelt flour, and sea salt into a bowl until well combined. These are your dry ingredients.

Into a separate bowl, add the Coconut Milk, Sea Moss Gel, and Agave Nectar, Grape Seed Oil and the Spring Water and stir until well incorporated. These are your wet ingredients.

Slowly pour the wet ingredients into the bowl of dry ingredients and stir or use a hand mixer to beat until it reaches a smooth consistency.

Pour the batter into the prepared waffle maker and cook on the recommended setting. Serve warm.

Nutritional Values: Calories: 1428, Fat: 101.7g, Carb: 129.6g, Protein: 14.1g, Fiber: 18.6g, Sugar: 68.3g, Cholesterol: 0mg, Sodium: 169mg

9.20 Spiced Pain Perdue

Preparation Time: 10 min + 10 min soak

Cooking Time: 4 minutes per slice | Serves: 4

Ingredients:

Herbed Bread (see recipe after this)

Strawberries, 6 pieces, sliced

Hemp Milk, ¾ cup (see recipe in Chapter 6 on how to make your own)

Chickpea Flour, ½ cup

Agave Nectar, 2 tablespoons

Cloves, ½ teaspoon, ground

Ginger, ¼ teaspoon, ground

Sea Salt, ¼ teaspoon

Grape Seed Oil, 2 teaspoons

Spring Water, ¼ cup

Procedure:

If you do not have the Herbed Bread Made, or the Spelt Grain Loaf from Chapter 6, prepare that step first. In this recipe, you will need to set aside the herbed bread and the strawberries and the Grape Seed Oil first.

Add the remainder of the ingredients into a large bowl and whisk together with a hand whisk or a fork until all the ingredients are well combined. This is your custard for the Pain Perdue.

Add the sliced bread into the custard mixture and allow to soak for 8-10 minutes. This takes longer due to the longer time it takes for the spelt flour or herbed bread to absorb the custard that you made. Turn the slices after four minutes of soaking so the other side can absorb the custard. You may do this step in a baking pan if you wish.

While the bread soaks, preheat a skilled with the Grape Seed Oil on medium high heat. Once heated, cook each slice of the soaked bread for 4 minutes on each side or until the bread is golden brown. Serve with Agave Syrup and garnish with the sliced strawberries. Serve warm.

Nutritional Values: Calories: 956, Fat: 33.6g, Carb: 132.3g, Protein: 28.3g, Fiber: 16.1g, Sugar: 38.6g, Cholesterol: 0mg, Sodium: 257mg

9.21 Herbed Bread

Preparation Time: 10 minutes

Cooking Time: 1 hour | Serves: 1 loaf

Ingredients:

Chickpea Flour, 4 cups

Date Syrup, ½ cup (see recipe in Chapter 6 on how to make your own)

Spring Water, 1 ½ cups

Grape Seed Oil, 3 tablespoons

Onion Powder, 1 tablespoon

Sea Salt, 1 tablespoon

Thyme Leaves, 1 teaspoon

Oregano Leaves, 1 teaspoon

Basil Leaves, 1 teaspoon

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Grease a loaf tin with some grape seed oil.

Into a large bowl, sift all the dry ingredients together and stir until well combined.

Into the dry ingredients, add the 1 cup Spring Water, Grape Seed Oil and the Date Syrup and stir gently until fully incorporated and a dough starts to form.

Pour the mixture into the prepared loaf pans and brush with more Grape Seed Oil. Top with extra herbs and bake for an hour or until a skewer inserted into the center comes out clean.

Remove from the pan to allow to cool, and slice before you serve. Use for the Spiced Pain Perdue Recipe.

Nutritional Values: Calories: 2146, Fat: 67.3g, Carb: 313.3g, Protein: 95g, Fiber: 40.8g, Sugar: 118.7g, Cholesterol: 0mg, Sodium: 1659mg

9.22 Nutty Berry Teff Porridge

Preparation Time: 10 minutes

Cooking Time: 15 minutes | Serves: 4

Ingredients:

Teff Berries, ½ cup

Blueberries

Walnuts (optional)

Agave Nectar (optional)

Spring Water, 2 cups

Sea Salt, 1/8 teaspoon

Procedure:

Bring the Spring Water to a boil in a small pot and season with the Sea Salt.

Stir the Teff Berries into the boiling water slowly. Cover it with a lid. Reduce the heat and allow to simmer for 15 minutes.

Pour into bowls and garnish with the berries, nuts and add the agave nectar to taste. Serve warm.

Nutritional Values: Calories: 807, Fat: 25.9g, Carb: 140.3g, Protein: 20.5g, Fiber: 25.1g, Sugar: 73g, Cholesterol: 0mg, Sodium: 88mg

9.23 Alkaline Strawberry Jam

Preparation Time: 10 minutes

Cooking Time: 30 minutes | Serves: 2 cups

Ingredients:

Strawberries, 4 cups, rinsed and chopped

Agave Nectar, 2/3 cup

Sea Moss Gel, ½ cup

Lime Juice, 3 tablespoons

Procedure:

Add the washed and chopped strawberries into a bowl and mash them with a fork or potato masher until they reach a chunky consistency. Do not use a food processor or blender as you can overdo the procedure.

Pour this mixture along with the Lime Juice, and Agave Syrup into a saucepan of medium size and heat over medium high for 10 minutes. Stir occasionally to prevent sticking.

Stir in the Sea Moss Gel and allow to cook for 5 more minutes until it has completely dissolved into the mixture. This will thicken the jam.

Remove from heat and allow to cool before you serve it.

Nutritional Values: Calories: 983, Fat: 2.2g, Carb: 256.6g, Protein: 5.9g, Fiber: 14.5g, Sugar: 225.8g, Cholesterol: 0mg, Sodium: 61mg

9.24 Date Munchkins

Preparation Time: 30 minutes

Cooking Time: 0 minutes | Serves: 24

Ingredients:

Dates, 1 cup, whole, pitted and chopped

Coconut Jelly, 1 cup, shredded

Sesame Seeds, ½ cup

Brazil Nuts, ½ cup

Agave Nectar, ¼ cup

Sea Salt, ½ teaspoon

Procedure:

Into the bowl of a food processor or a clean blender jar, add all the ingredients except for the sesame seeds and pulse for 20-30 seconds until it

can hold its shape. Pour into a shallow bowl. Add the sesame seeds into another bowl.

Portion the mixture into tablespoon sized portions and shape with your hands into a ball. You may use a melon baller if you want. Roll the balls into the bowl of Sesame Seeds.

Repeat until all the mixture has been used. Serve.

Nutritional Values: Calories: 1724, Fat: 85.9g, Carb: 244.1g, Protein: 27.2g, Fiber: 28g, Sugar: 199.7g, Cholesterol: 0mg, Sodium: 248mg

9.25 Spelt-Raisin Cookies

Preparation Time: 15 minutes

Cooking Time: 20 minutes | Serves: 24

Ingredients:

Spelt Flour, 1 ½ cups

Dates, 1 ½ cups, whole, pitted

Spelt Flakes, 1 ½ cups

Raisins, 1 cup

Applesauce, 2/3 cup (see recipe under Alkaline Doughnuts to make your own)

Grape Seed Oil, 1/3 cup

Agave Nectar, 1/3 cup

Sea Salt, ½ teaspoon

Sparkling Water, 2 tablespoons

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Line two cookie sheets with Grease Proof Paper and drizzle with some Grape Seed Oil. Set aside.

In the receptacle of a food processor, pulse together the dates, spelt flour, and sea salt until it becomes well incorporated. Transfer this into a bowl and add the Applesauce, Raisins, Spelt Flakes, Sparkling Water, Agave Nectar, and Grape Seed Oil. Stir together by hand or with a hand mixer until all the ingredients are well combined.

With an ice cream scoop, or a tablespoon, portion the cookie dough and shape into a ball and arrange on the prepared cookie sheets. Flatten with a fork, fingers or a cookie press for designs. Bake for 20 minutes or until cookies are golden brown. Serve warm.

Nutritional Values: Calories: 2891, Fat: 88.1g, Carb: 550.9g, Protein: 23.9g, Fiber: 39.9g, Sugar: 415.8g, Cholesterol: 0mg, Sodium: 411mg

9.26 No-Bake Coconut Sesame Cookies

Preparation Time: 10 minutes

Cooking Time: 20 minutes | Serves: 8

Ingredients:

Coconut Flakes, 1 cup, unsweetened

Agave Nectar, ¼ cup

Tahini, 1 tablespoon (see recipe in Chapter 6 on how to make your own)

Coconut Oil, 2 tablespoons

Sea Salt, 1/8 teaspoon

Procedure:

Into the receptacle of a food processor, pour all the ingredients and pulse for 5 seconds to initially mix them, before you puree them on a higher setting until well incorporated and it resembles cookie dough.

Pour the batter into individual cupcake molds with the use of a spoon and allow to freeze for 15-20 minutes. This causes the coconut oil to solidify and harden the cookies. Serve chilled.

Nutritional Values: Calories: 964, Fat: 60.3g, Carb: 107.2g, Protein: 2.6g, Fiber: 11.4g, Sugar: 94.1g, Cholesterol: 0mg, Sodium: 251mg

9.27 Tahini Teff Cookies

Preparation Time: 10 minutes

Cooking Time: 10-12 min | Serves: 18 cookies

Ingredients:

Teff Flour, 1 ¼ cups

Agave Nectar, 2/3 cups

Tahini, 2/3 cup (see recipe in Chapter 6 on how to make your own)

Grape Seed Oil, ¼ cup

Sea Salt, ¼ teaspoon

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Grease a cookie sheet with Grape Seed Oil and line with grease proof paper or use a silicone pad.

In a large mixing bowl, add the agave nectar, tahini and the grape seed oil and stir until well combined. Sift in the Teff Flour and Sea Salt to this

mixture and stir to combine until it forms a smooth cookie dough.

Portion the mixture into tablespoon sized portions. You may use a melon baller or ice cream scoop for this step and arrange these onto the prepared cookie sheet. Flatten the balls with a fork or your fingers. Repeat until all the dough has been used.

Bake for 10-12 minutes or until cookies are crisp. Serve.

Nutritional Values: Calories: 2412, Fat: 154g, Carb: 257.7g, Protein: 35.6g, Fiber: 21.7g, Sugar: 193g, Cholesterol: 0mg, Sodium: 330mg

9.28 Banana Strawberry Semifreddo

Serves: 5 | Preparation Time: 5 minutes

Cooking Time: 0 minutes, 6 hours to freeze

Ingredients:

Strawberries, 1 cup

Bananas, 5 pieces, quartered

Avocado, ½ piece, chopped

Agave Nectar, 1 tablespoon

Walnut Milk, ¼ cup (see recipe in Chapter 6 on how to make your own)

Procedure:

Add all the ingredients into a clean blender jar and puree until smooth and well combined.

Taste the puree. If you find that it lacks sweetness, add more agave syrup. If too thick, add more Walnut Milk. Once you are satisfied with the taste and

consistency, pour the mixture into a freezer-safe container, and freeze for 6 hours. Take care to stir the mixture every hour or so, so that the mixture does not freeze solid. Serve chilled with some cookies on the side.

Nutritional Values: Calories: 828, Fat: 24.3g, Carb: 160.8g, Protein: 9.5g, Fiber: 23.2g, Sugar: 92.4g, Cholesterol: 0mg, Sodium: 153mg

9.29 Garbanzo Tofu

Serves: 4 | Preparation Time: 10 minutes

Cooking Time: 5 minutes, plus 30 minutes to set in the refrigerator

Ingredients:

Chickpea Flour, 1 cup

Spring Water, 2 cups

Parsley Leaves, 1 teaspoon

Sea Salt, 1 teaspoon

Procedure:

Use parchment paper to line a baking dish. Set aside.

In a saucepan, add all the ingredients. Whisk all the ingredients over a medium heat for 3-5 minutes or until the mixture thickens.

Pour the batter into the prepared baking dish and use a spatula to spread it in an even layer. Allow to cool for 30 minutes so that it can set. It will set

faster if you place it in the refrigerator.

Once set, remove from the refrigerator, and cut into medium sized cubes. Serve and use as you would regular tofu.

Nutritional Values: Calories: 356, Fat: 6.2g, Carb: 53.2g, Protein: 20.6g, Fiber: 10g, Sugar: 10g, Cholesterol: 0mg, Sodium: 541mg

9.30 Spelt Tortilla Chips

Serves: 8 | Preparation Time: 15 minutes

Cooking Time: 12 minutes

Ingredients:

Spelt Flour, 2 cups

Spring Water, ½ cup

Grape Seed Oil, 1/3 cup

Sea Salt, 1 teaspoon

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Grease a cookie sheet with some Grape Seed Oil and brush evenly to coat all the edges and corners. Set aside.

In the bowl of a food processor, or with a hand mixer, mix the Spelt Flour and the Sea Salt. Mix for 15 seconds until well combined. Continue to mix

while slowly pouring the Grape Seed Oil. Once the oil has been fully incorporated, add the Spring Water and mix until a soft dough is formed.

Dust a work surface with some spelt flour. You may cover this with a piece of parchment paper and dust with more flour. Turn out the dough from the bowl or food processor and knead until it forms a soft ball. Portion this into 8 equally sized balls. Roll out these balls thinly with a rolling pin or you may use a tortilla press if you have one. Roll these out onto the prepared baking sheet.

Brush the rolled out or flattened dough with some Grape Seed Oil and season with Sea Salt if need be. You may add some herbs if you wish. Cut the dough with a pizza slicer into 6-8 pieces and bake in the preheated oven until they become crisp and golden-brown. Cool before you serve with any of the sauces in Chapter 7 of this book.

Nutritional Values: Calories: 980, Fat: 86g, Carb: 50g, Protein: 8g, Fiber: 8g, Sugar: 0g, Cholesterol: 0mg, Sodium: 472mg

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9.31 Crisp Kale Chips

Preparation Time: 20 minutes

Cooking Time: 20 minutes | Serves: 4

Ingredients:

Kale, 1 pound

Grape Seed Oil, 2 teaspoons

Sea Salt

Onion Powder

Cayenne Pepper

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Line a baking tray with parchment paper. Set aside.

Rinse the Kale and gently pat dry with paper towels. Trim the stem from the leaves with a pair of scissors. Take care not to snip the kale leaves too small.

Add the leaves into a bowl and toss with the seasonings. Adjust to taste, before you sprinkle the Grape Seed Oil. Toss once more to coat evenly. Bake in the preheated oven for 7-8 minutes until crisp. You will need to do this in batches, so repeat the step until all the kale leaves are cooked. Serve warm.

Nutritional Values: Calories: 299, Fat: 7.4g, Carb: 51g, Protein: 13.6g, Fiber: 7.2g, Sugar: 2.6g, Cholesterol: 0mg, Sodium: 656mg

9.32 Guacamole

Preparation Time: 10 minutes

Cooking Time: 0 | Serves: 6

Ingredients:

Avocadoes, 3 whole, medium-sized pieces, chopped

Red Tomatoes, 6 pieces, chopped

Onion, ½ piece, chopped

Sea Salt, ½ teaspoon

Lime Juice from 1 lime

Coriander Leaves, 1 tablespoon, chopped

Cayenne Pepper, ½ teaspoon

Ginger, ½ inch piece, raw, peeled and minced

Procedure:

In a bowl, drizzle the lime juice over the avocado slices and mix well. Drain, but reserve the lime juice.

Season the avocadoes with the salt and cayenne pepper, and mash with a fork or potato masher. Fold in the coriander leaves, onions, ginger and tomatoes, and season with a tablespoon of lime juice. Serve with the Spelt Tortilla Chips.

Nutritional Values: Calories: 1044, Fat: 82.3g, Carb: 81.9g, Protein: 19.9g, Fiber: 48.6g, Sugar: 20g, Cholesterol: 0mg, Sodium: 397mg

9.33 California Lettuce Wraps

Preparation Time: 10 minutes

Cooking Time: 0 minutes | Serves: 3

Ingredients:

Sea Salt, 1/8 teaspoon

Red Tomatoes, 1 cup, chopped

Red Onion, 1 whole piece, chopped

Lime Juice

Romaine Lettuce, 3 leaves

Avocadoes, 3 small pieces, pitted and sliced

Fresh Basil, 10 leaves, chopped

Procedure:

Mash the avocado and season with the lime juice and salt. Mix in the chopped basil leaves, tomatoes, and onions until well distributed.

Portion these among the lettuce leaves and roll. Serve immediately.

Nutritional Values: Calories: 965, Fat: 80.5g, Carb: 67.9g, Protein: 14.2g, Fiber: 41.1g, Sugar: 11.7g, Cholesterol: 0mg, Sodium: 119mg

9.34 Flourless No-Bake Brownie Morsels

Preparation Time: 5 minutes

Cooking Time: 20 minutes | Serves: 6

Ingredients:

Walnut Butter, ½ cup, smooth

Bananas, 3 medium sized pieces

Procedure:

Preheat an oven to 350 degrees Fahrenheit. Grease a cake pan with some Grape Seed Oil. Set aside.

In a microwave-safe bowl, melt the walnut butter until liquid, or you can do this on the stovetop, though this will be slower.

Mix the melted nut butter, and the banana slices in the receptacle of a food processor. Pulse until combined evenly and pour the resultant batter into the prepared cake pan. Bake this for 20 minutes.

Remove from the cake pan and slice into squares or wedges. Serve chilled.

Nutritional Values: Calories: 310, Fat: 19.4g, Carb: 31g, Protein: 6.3g, Fiber: 5.1g, Sugar: 15.4g, Cholesterol: 0mg, Sodium: 2mg

9.35 Home-Made Coconut Milk Probiotic Yogurt

Preparation Time: 24 hours

Cooking Time: 0 minutes | Serves: 2

Ingredients:

Probiotic Powder, 1 capsule

Coconut Cream, 1 12 oz. can

Procedure:

Into a thick jar, a mason jar would be best, pour the can of coconut cream. Add in the probiotic powder into the cream and gently whisk to combine evenly.

Cover the jar and place it within the oven near the pilot light. Leave this on and allow the yogurt to ferment for 24 hours.

The yogurt that results may be used immediately or stored in the refrigerator for up to 10 days.

Serve with berries if you wish or use with the muesli in Chapter 9 of this book.

Nutritional Values: Calories: 1157, Fat: 53.5g, Carb: 168.4g, Protein: 5.6g, Fiber: 0.6g, Sugar: 152.4g, Cholesterol: 0mg, Sodium: 134mg

9.36 Dried Walnut Apple Sesame Bars

Preparation Time: 10 minutes

Cooking Time: 0 min, 10 h to dehydrate.

Serves: 16

Ingredients:

Coconut Flakes, ¼ cup

Dates, 8 pieces, whole, pitted, and chopped

Agave Nectar, 3 tablespoons

Cloves, 2 teaspoons, ground

Walnuts, 3 cups

Granny Smith Apple, 1 whole, chopped

Sesame Seeds

Procedure:

Into the bowl of a food processor, add all the ingredients and pulse until it forms a grainy dough. Turn out this dough on a work surface lined with parchment paper.

With a cutter, knife, or spatula, shape the bars, or cookies from this dough. Arrange them on a cookie sheet lined with parchment paper.

Set them in a food dehydrator for 10 hours, to dehydrate from 105 to 115 degrees Fahrenheit. This is dependent on how thick the cookies are. A lower temperature works for thinner cookies, while thicker cookies need a higher temperature.

Serve with your desired accompaniments.

Nutritional Values: Calories: 3013, Fat: 240.8g, Carb: 173.9g, Protein: 96.9g, Fiber: 42.4g, Sugar: 117.4g, Cholesterol: 0mg, Sodium: 57mg

9.37 Tropical Popsicles

Serves: 12 | Preparation Time: 10 minutes

Cooking Time: 0 min, but needs 2 h to freeze

Ingredients:

Agave Nectar, 2 teaspoons

Strawberries, 3 cups, frozen

Water, 1 1/3 cups divided into 1/3 cup portions

Mango, 1 cup, frozen and chopped

Procedure:

Prepare a blender jar. Add the strawberries, 1 teaspoon of the agave nectar and 2/3 cup of the water into the blender jar and blend until well combined and smooth.

Pour these into Popsicle molds. Do not fill completely as you will add another mixture later.

In the same blender jar, add the chopped mangoes with the remainder of the agave nectar and the water and blend until it reaches a smooth consistency. Pour this into the strawberry mixture in the Popsicle molds.

Place in the freezer to freeze until it sets. Remove from the molds and enjoy.

Nutritional Values: Calories: 370, Fat: 2.6g, Carb: 91.5g, Protein: 5.7g, Fiber: 14.5g, Sugar: 74.6g, Cholesterol: 0mg, Sodium: 17mg

9.38 Basic Banana-Nut Smoothies

Preparation Time: 5 min, 24 h to soak

Cooking Time: 0 | Serves: 2

Ingredients:

Banana, 1 large piece, chopped

Berry Mix, ½ cup, frozen

Walnuts, ½ cup, soaked overnight

Vanilla to taste

Procedure:

Add all the ingredients into the jar of a blender and blend until it reaches your desired consistency. Add vanilla to taste if you want.

Serve chilled.

Nutritional Values: Calories: 544, Fat: 37.6g, Carb: 45.8g, Protein: 17g, Fiber: 10.8g, Sugar: 22.4g, Cholesterol: 0mg, Sodium: 3mg

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CONSIDERATIONS

Recipes if one went into etymology, derive from the Roman word to take, and are closely related to the word prescription. Throughout the context of this book, especially with Chapters 1 and 3, you will find that food itself is a very useful solution for the prevention of numerous diseases. Ultimately, it is our food choices and by extension, our lifestyle choices that lead to the manifestation of various disease conditions within the body. Hence, your purchase of this book, is on your part, a commitment to a healthier lifestyle, where one follows the precepts provided for by Dr. Sebi, who if you will recall is beset with numerous lifestyle related diseases that were not remedied with the help of modern medical science. The recipes in these pages number a hundred and fifty in total, to include the sub-recipes under each recipe. They are not meant to be rigid, especially if you are a savvy home cook. Feel free to experiment with some of the ingredients and substitute with the available produce in your area if these are on the approved food items list of Dr. Sebi. You will notice that there is a chapter here on basic items, such as pasta dough, tortillas, and sauces for instance. These are organized in such a way that the neophyte converts to the Alkaline diet know that now that they have made the decision to shift to this diet, that they do not need to miss out on all their favorite cuisines. You have free rein to go Italian, Mexican, Indian, Caribbean and all other cuisines as you may please. The only limits are the ingredients that you may use, the seasonality and probably the amount of kitchen equipment that you may have.

We do not ask you to have a batterie de cuisine worthy of a Cordon bleu cooking school, but to execute some of the recipes here, to make it easier on

your part, it is well worth the investment in some small kitchen appliances to make food delicious enough to make you forget that you are on an alkaline diet and these are your favorite dishes with a healthier twist. Indispensable to the cook for these recipes are the oven and stovetop, with an array of pans, pots and cast-iron skillets, the precious helpmate of many a Southern kitchen. You will also make great use of a food processor with its variety of attachments that can easily speed up the process of making dough, thin slices of vegetables, shred food items, and the like. A blender is also indispensable for the sauces that are necessary to flavor your dishes, and for alkaline vegan cheese sauces. We really cannot envision a life without cheese, so this is a good appliance to have. Throughout the book, you will see specialist equipment such as pasta machines – which can really help ease the amount of effort needed to roll pasta dough thinly enough for linguine, ravioli, fettuccine, or other pasta shapes; and dehydrators – used only in one recipe, but if you want to snack on some fruit as an alternative to chips, they can also be used to make these. While there is no substitute for good old elbow grease, this equipment can certainly make things easier for you. This is why in the steps, the procedures may be lengthy, but they also contain alternative steps if you do not have the equipment needed. A good example of this is the use of the immersion blender, used in many soup and sauce recipes. While there are small, handheld blenders, you can also transfer the mixture into a blender, but be sure to do so only when the mixture is cooled otherwise you may break the blender jar or overheat the engine of the blender. If you have one, a food mill can also do the trick, but be sure that you know how to use one. Hand mixers and stand mixers are essential equipment for dough and batters and are useful to have. If you happen to have a lot of kitchen assistants, the hand mixer should suffice for your needs as someone can help you pour in the next ingredient in the step. A stand mixer can be quite pricey, but if it comes with attachments such as a pasta roller and a balloon whisk, you will get your money’s worth from a good brand as you have several functions in one. Do not discount the use of a good whisk or a strong wooden spoon when paired with a strong arm to wield it, they are still useful to have. After all, imagine making pancakes with a stand mixer, it seems a bit overkill, but do what you need to do. Now, a point of contention here would be the use of a cookie sheet, or a baking tray. This is dependent on the recipe that you intend to do. A cookie sheet would be best used for recipes that may not have any spillage from in its

steps, and would provide a good, even surface to heat for crisp cookies, or even crispier chips. Baking trays would allow you to make layered dishes, especially the lasagna, a good Sunday staple that one should not miss out on. Springform tins would also allow you to make cheesecakes that you can enjoy without any guilt. While there are tarts here, these are mostly free form, though for muffins, you will want to invest in a good muffin tray, cupcake tray and tart tins. They simply make for elegant looking pastries without all the health concerns.

Grape Seed Oil is often featured here to grease this, along with parchment paper or grease proof paper. If you find that you run through a lot of bottles of grape seed oil and sheets of parchment or grease proof paper, a silicone pad would help as this is naturally non-stick and heat resistant.

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